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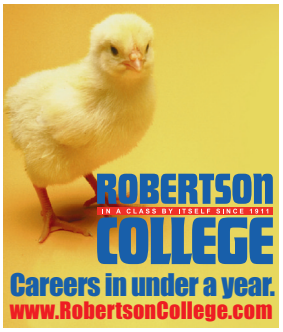

Events to honour those who served

REMEMBRANCE DAY Calgarians looking to pay respects for veterans at Remembrance Day services have the opportunity to do so at a number of locations within the city.

- Jubilee Auditorium, 1415 – 14th Ave. N.W.; ceremony begins at 10:30 a.m. in the Main Theatre.
- Central Memorial Park Cenotaph, 1221 2nd St. S.W.; ceremony begins at 11 a.m., and there is free parking and admission.
- Union Cemetery, 28 Avenue and Spiller Road S.E.; tour begins at 11 a.m. and runs for approximately two hours.
- The Military Museums, 4520 Crowchild Tr. S.W.; ceremony begins 10:45 a.m. and ends at noon. Arrive earlier due to higher volumes of traffic.

METRO CALGARY

News on the Move

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Remembrance Day

Metro will not publish Nov. 11. The next edition will appear Thursday.

On the web

Visit metronews.ca for news updates

Warm weather **Golfing season extended**

ROBIN KUNISKI/FOR METRO CALGARY

Mike Thorne hits Fox Hollow Golf Course with some friends. The balmy November temperatures in Calgary have allowed Calgarians to shake some mid-winter frost off their clubs. The weather is expected to stay warmer-than-seasonal until the end of the week.

Bigger tax hike on the table

CHRIS KELLY
for Metro Calgary

Deferred decisions on outstanding projects could raise a projected five per cent property tax increase even higher, according to some aldermen.

"It's five per cent-ish," said Ald. Gord Lowe, chair of the finance committee. "Council is very aware of where the budget is, and we are aware of our outstanding decisions."

Council will begin debating Calgary's 2010 budget on Nov. 23, using five per cent as a beginning point, though Lowe says that number is simply a projection.

Deferred projects, including $1.3 million in transit safety recommendations, $600,000 annually for Race City and $750,000 for graffiti cleanup will be examined during budget deliberations.

"That five per cent could be lowered to three per cent or even two-and-a-half if the aldermen make an effort," said Ald. Ric McIver.

"People will try to put on the appearance of making an effort because it's an election year, though it remains to be seen if there is an actual willingness to change."

Personal "pet projects" may get in the way of council being able to make the appropriate cuts, McIver said.

"I'm not sure if council is willing to put in the effort that is required to cut as many unnecessary things as possible," said McIver, who has been championing Race City.

Calgarians on the street were split on the prospect of a tax increase.

"That's the price we have to pay for living in a city which keeps growing," said Cassandra Lorrie, 29.

But, Jakim Naasar, 34, didn't quite see it the same way.

"No way. Our taxes are high enough — we don't need any extras," he said.

Third wave of H1N1 expected this winter: Officials

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Flu **Outbreak**

HEALTH Alberta health officials confirmed they are expecting a third wave of H1N1 to sweep across the province this winter.

Alberta's chief medical officer of health, Dr. Andre Corriveau, confirmed once the second wave ends, there will be a third. He estimates 30 per cent of Albertans will be infected.

However, Alberta's senior medical officer of health, Dr. Gerry Predy, said the number of Albertans vaccinated against the virus is making a dent.

"We should remind people our flu season runs until April so people should really consider that," he said, adding 450,000 Albertans are now vaccinated against the strain.

Officials announced another five H1N1-related deaths across the province this weekend including one in Calgary. In total, 25 Albertans have now died since the pandemic began in April.

"We're aiming to minimize the numbers — as few as possible," Predy added.

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Local

Soldier to be buried today

The body of an Edmonton-based soldier will be buried in Calgary today. Sapper Steven Marshall was killed southwest of Kandahar on Oct. 30 when a land mine exploded on his patrol. The 24-year-old is the 133rd Canadian soldier to die in the war-torn country. At left, Marshall's repatriation ceremony on Nov. 3. METRO CALGARY

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

News in brief

EDUCATION The University of Calgary announced yesterday the interim replacement for outgoing U of C president Harvey Weingarten. Warren Veale, who has held several senior administrative positions at the school, will take over the role on Jan. 1 2010. METRO CALGARY

Calgary tweets

- @djkelly @Roger I think @telljoe misses the boat so far. IMHO no one wants to have a conversation with a marketing campaign. Just give us Joe.
- @youthareawesomeHey! Did you hear that Jr. and Sr. High arts programs may be taking some serious hits in Calgary due to the recession? Sound off on YAA!

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What's online today.

Blogs Fashion columnist Kenya Hunt picks a surprise contender for shoe of the season

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Teaching tool or 'tacky'?

Players debate war game's release ahead of Remembrance Day

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Disrespectful? Or a clever way to teach younger generations about the merits of war?

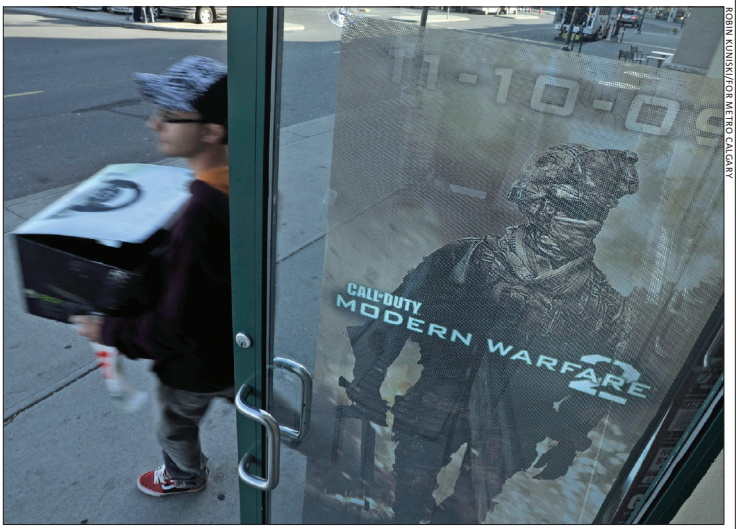
Much-anticipated war game Call of Duty 4 – Modern Warfare 2 hits store shelves today — the eve of Remembrance Day — and local gamers are buzzing.

Avid local gamer Jason Nickel, who pre-ordered the game before knowing its release date, is torn about the date as his great-grandfather was a war veteran.

"I think it's a bit tacky to release it the day before we remember those who have died for us, but at the same time, I'm still going to buy and play the game because I'm a big fan," he said.

Local radio personality James Callsen's grandfather was also a WWII veteran, but Callsen doesn't think the release date is a big deal.

"I'm pretty sure it has more to do with marketing than trying to make a statement. The Remembrance Day thing, in my opinion, is just a tie-in," he said.



ROBIN KUNISK/FOR METRO CALGARY

Gamers geared up for the release of Call of Duty Modern Warfare 2 just prior to Remembrance Day.

Callsen believes games like COD4 actually teach younger generations about war history, and 15-year-old gamer Keith Patterson agrees — even though his dad thinks the release date is "questionable".

Early sales

- Online estimates project five million copies sold worldwide on the first day.

Activision games official Josh Selinger said COD franchise games are generally released in early November.

"Whether that is by design, or coincidence, I don't know," Selinger said.

Veterans and organizations representing them refused to comment until viewing the game.

'No justice' in appeal, says victim's father

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Too distraught to attend court, the Calgary father of a slain teenager is "sickened" by the turn of events in the family's quest for justice.

Natalie Pasqua won an appeal of her second-degree murder conviction earlier this year in the 2007 murder of 17-year-old Gage Prevost and yesterday the court accepted a guilty plea to the lesser charge of manslaughter.

Gage Prevost

Gage's father, Dale Prevost, is especially upset that Pasqua's lawyer, Christopher Nowlin, is asking for time served.

Nowlin told reporters after court he believes his client has already spent enough time in custody and at will argue for her release, with conditions, at a Dec. 21 sentencing hearing.

"She will be with her children at Christmas while I look at a chest on my mantle of my son's ashes. There is no Canadian justice system, only a Canadian criminal's system," Prevost told Metro in an interview.

"This is just too much to bear. There is no justice."

Pasqua was originally sentenced to life in prison without parole for a minimum of 12 years but was granted an appeal in June from the Alberta Court of Appeal.

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CALGARY OBITUARIES

CalgaryObits.com notes the following deaths in our community:

BAILEY, Blair Harry
BOB (nee Janzen), Sara Katherine
CARLSON, Diane
COLLIER, Elizabeth Jean (nee Huston)
DUNNE - CROY, Helen Louise (Ragan)
GARDNER, Gene
GEORGE, Margaret Anna (nee Bartelt)
GILES, Thora Dorothy
JACKSON, Russell
KOTOWSKI, Victor
LABUHN, Rosa
LEONARD, George
MARTIN , John (Jack) William
MacDOUGALL, Evelyn L
OWN CHIEF - RUNNING RABBIT, Darren Patrick
PAYNE, Howard Alan
PROC, Stephan "Steve"
REIMER, Harvie Ronald (Harv)
SHEARS, Loretta Mae
SKINNER, Antony (Tony)
WADDEN, Ruth Ann

For full obituaries go to CalgaryObits.com

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Housing starts up
Calgary CMA housing starts rose 22.2 per cent in October from last year, according to the Canada Mortgage and Housing Corp. METRO CALGARY

TANYA VLAHOV/FOR METRO CALGARY

War bride Sylvia Hunt stands next to Bev Tosh's piece Shoulder-to-Shoulder at the Glenbow Museum.

War brides exhibit recounts journeys

TANYA VLAHOV
for Metro Calgary

Sylvia Hunt immigrated to Canada in 1944 when she was 21, and through Bev Tosh's Glenbow Museum exhibit, War Brides: One Way Passage, she recalls her four-day sea journey on the Queen Victory.

One of Hunt's favourite pieces is a sculpture, White Lace and Promises, constructed of war brides' old handkerchiefs used to wave farewell to loved ones watching the ship depart.

"That was a hard moment for all the women because we were leaving family and friends behind in our homelands," Hunt said.

Bev Tosh met over 1,000 war brides during the eight year journey to put together her Glenbow Museum exhibit, which will be open for viewing until February 14, 2010.

U of C to announce new biomedical engineering centres

TECHNOLOGY The University of Calgary is announcing two new centres for the innovation and commercialization of biomedical engineering technology today.

These new centres will develop technologies such as 3D bone imaging and better treatment methods for many chronic medical conditions such as stroke, Alzheimer's, arthritis, osteoporosis and heart disease. METRO CALGARY

City woman charged with fraud by Cochrane RCMP

INVESTIGATION After a second alleged attempt at purchasing a vehicle with a stolen identity, a Calgary woman has been charged with fraud by Cochrane RCMP. Paige Archibald, 26, had allegedly attempted to use the fraudulent identity in B.C., which led the authorities to the Cochrane Dodge dealership where she allegedly tried to make a $40,000 purchase. METRO CALGARY

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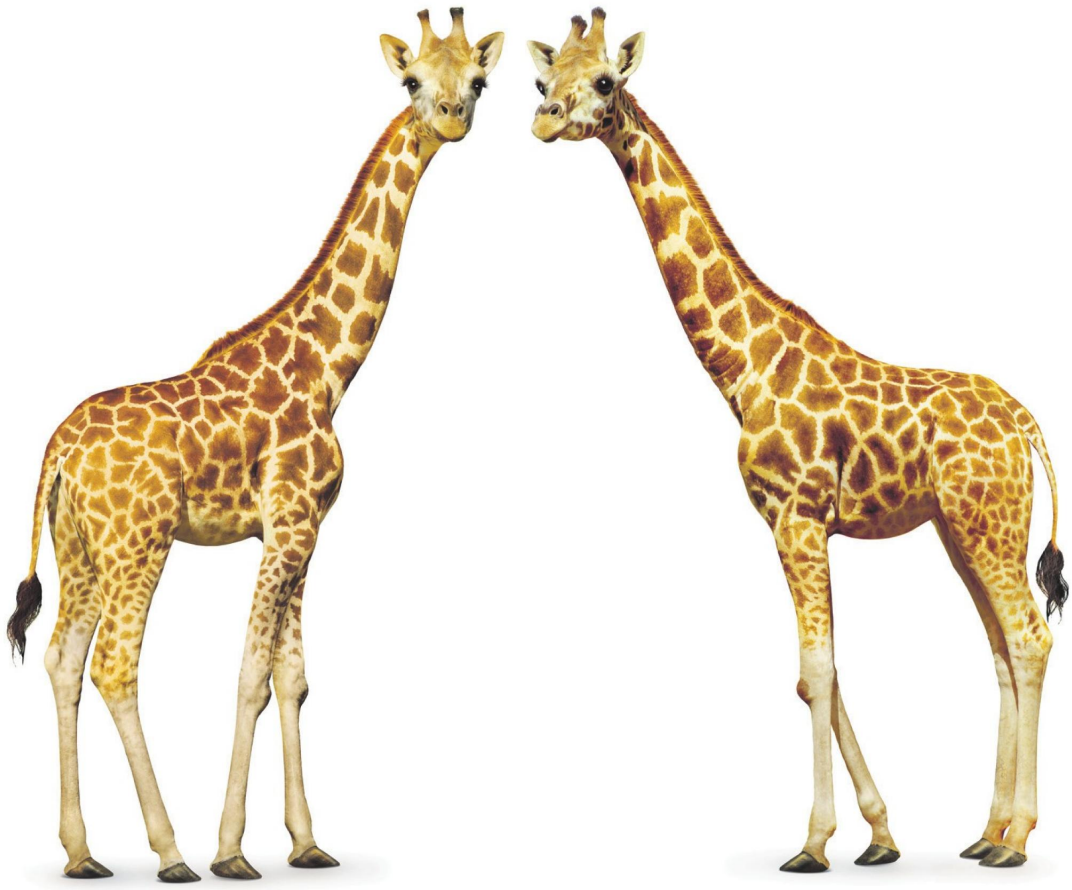

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203 – 321 6th Ave. SW
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Quebec City mulls Olympic bid

Quebec will spend $1 million to assess whether its capital city can put together a bid for future Winter Olympic Games, according to CBC News Online. METRO NEWS SERVICES

Canada

Afghanistan wants vaccine help

Afghanistan is calling on the international community to donate H1N1 vaccine so it can to fend off the swine-flu pandemic, but it is unlikely to get any doses from Canada. Canada's ambassador to Afghanistan says because of shortages in Canada, it will probably be unable to provide any shipments of the vaccine. Bill Crosbie, left, says discussions are underway to determine what other ways Canada will be able to help Afghanistan fight the spread of the virus. THE CANADIAN PRESS

Conservatives gain two federal seats

BYELECTION The recession-ravaged Conservatives showed surprising resilience in yesterday's by-elections, reclaiming a former stronghold in Nova Scotia and overrunning a Bloc Quebecois fortress in Quebec.

The Bloc easily held on to another Quebec riding in Montreal's east end while the NDP kept the B.C. riding of New Westminster-Coquitlam.

The Tories, thought to be moribund in Quebec only a few months ago, showed surprising strength in Montmagny-L'Islet-Kamouraska-Riviere du Loup in the province's lower St. Lawrence region. Conservative Bernard Genereux beat the Bloc's Nancy Gagnon.

Former Parti Quebecois cabinet minister Daniel Paille easily held on for the Bloc in Hochelga, a long-time fiefdom for the party. In British Columbia, Fin Donnelly hung on to New Westminster-Coquitlam for the NDP. THE CANADIAN PRESS

News in brief

TRADE Canada would be better off living with U.S. President Barack Obama's Buy American provisions than trying to strike a deal that gives up the autonomy provincial and municipal governments enjoy to enact their own buy-local policies, a new think-tank analysis suggests. THE CANADIAN PRESS

Sacrifice Medal presented

New award honours Forces members wounded in the line of duty

A clearly emotional Governor General Michaëlle Jean presided yesterday over the first presentations of the new Sacrifice Medal.

Of the first 46 medals, 21 are posthumous awards.

The medal is awarded to members of the Canadian Forces, or civilians working with the Forces, who are killed or wounded by hostile action or to any member of the military who dies because of a service-related accident or disease.

The Governor General told the soldiers and families assembled at Rideau Hall for the ceremony that Canadians share their pain and grief. She said she met many family members during sombre repatriation ceremonies at Canadian Forces Base Trenton, Ont., where the bodies of soldiers killed in Afghanistan return home.

SEAN KILPATRICK/THE CANADIAN PRESS

Governor General Michaëlle Jean touches Master Cpl. Jody Mitic, left, as she presents him with the new Sacrifice Medal during a ceremony at Rideau Hall in Ottawa, Ont., yesterday. Of the first 46 medals, 21 are posthumous awards.

"Many of you have shared your pain with me," she said.

Jean, who is titular commander-in-chief of the Forces, paid tribute to those who have fought and are fighting still in Afghanistan.

"I must bow my head before you, to pay tribute to you and to express my respect and gratitude," Jean added. THE CANADIAN PRESS

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Supreme Court refuses to block sniper's execution
The U.S. Supreme Court has refused to block tonight's scheduled execution by injection at a Virginia prison of sniper mastermind John Allen Muhammad who terrorized Maryland, Virginia and Washington, D.C. during a three-week spree in October 2002. THE ASSOCIATED PRESS

World

Russian H-bomb developer dead at 93

Vitaly Ginzburg, a Nobel prize-winning Russian physicist and one of the fathers of the Soviet hydrogen bomb, has died in Moscow. He was 93. Ginzburg won the 2003 Nobel Prize in physics for his contribution to theories on superconductivity, the ability of some materials to conduct electricity without resistance. In the early 1950s, Ginzburg was part of the Soviet government's hydrogen bomb program.
THE ASSOCIATED PRESS

El Salvador seeks survivors in mud

Tears streamed down Elsy Portillo's badly bruised face yesterday as she walked behind coffins carrying her mother and only child in Verapaz buried by a landslide, one in a series that killed at least 130 people in El Salvador.

Portillo's body was flung repeatedly against the walls as she fought to keep her seven-year-old son from being swept away in the powerful river of mud, boulders and floodwaters overtaking their home in the pre-dawn hours Sunday.

"My little angel was taken away," she said, sobbing, her right eye swollen shut. "My little angel was taken away."

Days of heavy rains unleashed flooding and mudslides across this mountainous Central American country Sunday. Soldiers and townspeople continued digging through rock and debris to search for the 60 people who remained missing yesterday. Collapsed walls and downed power lines prevented heavy machinery from entering. Many used their bare hands.

Hopes of finding survivors dimmed with each passing hour.
THE ASSOCIATED PRESS

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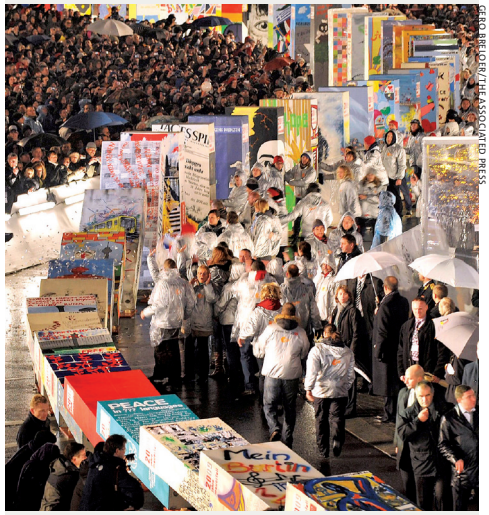
Germany **The wall falls again**



GERRY BRELOFF/THE ASSOCIATED PRESS

Giant dominos placed along the former border in front of the Brandenburg Gate fall in a symbolic act in Berlin yesterday, during the commemorations of the 20th anniversary of the fall of the Berlin Wall on Nov.9, 1989.

Shooting suspect reached out to radical imam: Report

TEXAS The U.S. Army psychiatrist accused of the Fort Hood massacre reached out to communicate with a radical imam overseas who in the past came under scrutiny for possible links to terror groups, a U.S. official said yesterday.

Maj. Nidal Malik Hasan sent electronic communications to the imam, Anwar al-Awlaki, according to this official, who was not authorized to discuss the investigation and spoke on condition of anonymity. Al-Awlaki, who was released from a jail in Yemen last year, writes a blog which, among other things, denounces U.S. policies as anti-Muslim.

Hasan's messages were picked up by U.S. counterterror officials, but an inquiry into the matter was shelved because the contacts were not deemed to suggest a threat, this official said. Investigators now are trying to determine whether Hasan has any links to terror groups.
THE ASSOCIATED PRESS

Korean navies exchange fire

YELLOW SEA Navy ships of the two Koreas exchanged fire last night along their disputed western sea border, South Korean military officers said. An officer said there were no South Korean casualties, though it was unclear whether there were any on the North Korean side. He said that the North Korean ship was seriously damaged and that it turned back toward northern waters after the brief skirmish.
THE ASSOCIATED PRESS

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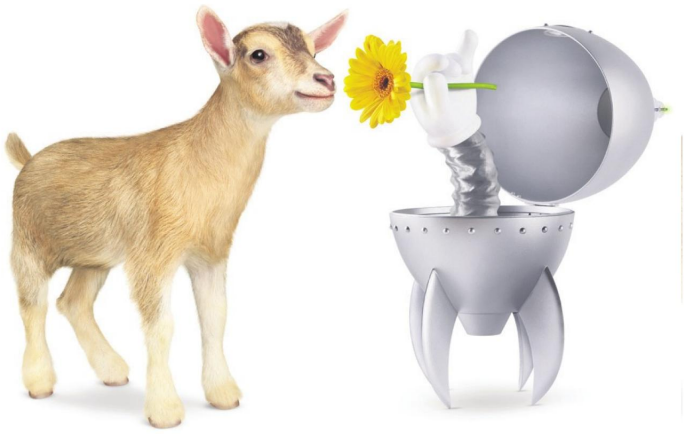

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Comment

General's new book stirs the pot

NationalReport

Is it Rick Hillier's war? With things going badly in Afghanistan, a controversy has developed over who was the main architect of the Kandahar component of the mission that has cost so many Canadian lives.

In his book, A Soldier First, which is jumping off the shelves, retired Gen. Rick Hillier tries to distance himself as the prime mover. The decision had already been made to go into Kandahar, he said, when he became head of the Armed Forces five years ago.

That doesn't quite square with the picture put forward in The Unexpected War, the award-winning book by Janice Gross Stein and Eugene Lang.

Lang, who served as top adviser to former defence minister Bill Graham, said yesterday he stands by his story. "My account is accurate. My account is based on research not memory. I was at the table for many of the decisions and I subsequently interviewed many of the principals, including Hillier." He said the decision that had been made was to send only a provincial reconstruction team of a couple hundred troops to Kandahar, not the full-fledged combat force that came about under Hillier.

The question is an important one. Hillier has elevated the reputation and stature of the Canadian military and deserves a lot of credit, as Lang points out, for doing so. There is uneasiness, however, over Hillier's larger vision. He has a simplistic notion of the world as being divided into good guys and bad and saw the Canadian role as being to get out there to kill those "scumbags," as he called them. His approach marked a wholesale shift from peacekeeping and the advocacy of soft power. Hillier refers to soft power in his book as "sheer lunacy."

How the war pans out will impact heavily on his reputation and how his redefinition sits with Canadians.

If he read more history, he would know what happens or might have happened when too much power is left in the hands of generals. He could start with the Cuban missile crisis and the hot-button ravings of Gen. Curtis E. LeMay. If he had not been overruled by civilians at the Kennedy White House, Hillier wouldn't even be here. Neither would the rest of us.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Our society's descent into barbarism

InStep

Headlines featuring acts of violence are copious, and depending on the shock value, these reports often illicit a proportional reaction from the citizenry, lobby groups and even politicians.

But the recent case involving a 15-year-old California girl who was gang-raped in front of as many as 20 witnesses for more than 2½ hours has slipped by as just another tragedy to add to the list. There is something unique about this event. It marks a low point in our collective moral psyche that we must challenge.

One of the methods we choose to deal with tragedies is to identify markers that would signify how it could have been prevented. This 15-year-old girl could have been you, your daughter, sister, etc. As the attacks began, more people came to watch. Some joined in while others took cellphone videos and images.

The scene is reminiscent of the savagery of the Dark Ages, where human beings were barely recognizable from beasts. In a world of scientific breakthroughs and high-tech technology, where is the soul of humanity headed as we increasingly deny the precious worth of other human beings?

The Parents Television Council just released its report, highlighting a concern about an increase in violence against women in prime-time network programs.

There are many voices of reason reverberating their warnings to a society descending into barbarism. We can no longer afford to be inactive bystanders. We can begin by limiting intellectual junk food and embracing the timeless virtues of intimacy with friends and loved ones. As a bonus, our kids will love us for it in the long term.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

MICHAEL DE ADDER

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Ida pushes crude price higher in Asia

Oil prices climbed toward $79 US a barrel yesterday in Asia as hurricane Ida threatened oil installations in the Gulf of Mexico. Benchmark crude for December was up $1.32 a barrel at afternoon Singapore time on the New York Mercantile Exchange. THE ASSOCIATED PRESS

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Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Drilling drying up: Company

Oilfield services firms are hunkering down for yet another gloomy winter as energy prices remain too weak to entice their customers to drill new wells.

Ensign Energy Services Inc. bluntly predicted yesterday the upcoming drilling season will at best be similar to the previous one, which was itself pretty dismal.

"The North American oilfield services industry remains challenged by too much equipment chasing too little work," the Calgary-based company stated.

"The North American oilfield services industry remains challenged by too much equipment chasing too little work."
Ensign Energy Services

Producers in Western Canada, which hire companies like Ensign to drill wells and provide other services, have been reining in their activity as lacklustre demand and overabundant supplies press down the price of natural gas.

Natural gas for December delivery was hovering below $4.60 US on the New York Mercantile Exchange yesterday.

That's a substantial rebound from the seven-year-lows below $3 US the commodity touched, but still a far cry from what would make the majority of new wells economically viable.

While some oilfield services companies have been calling for a rebound in late 2010, BMO Capital Markets analyst Michael Mazar said Ensign's conservative outlook is more on the mark.

"The soonest you're going to see any kind of meaningful recovery … is the 2010-2011 winter drilling season," Mazar said. THE CANADIAN PRESS

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Business in brief

CUTS Bombardier Inc. employees should expect additional aircraft production cuts that may lead to more layoffs as Canada's big aircraft and rail transit equipment maker adjusts to dwindling demand, CEO Pierre Beaudoin said yesterday. The Montreal-based manufacturer has already announced 4,400 layoffs this year because of lower demand for its business and regional jets. The lack of orders will force the company to consider increasing that number, Beaudoin told reporters after addressing the Canadian Club of Montreal.

THE CANADIAN PRESS

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U.S. Federal Reserve says GMAC needs more capital

The Federal Reserve said yesterday that GMAC is the only one of 19 stress-tested U.S. banks that needs more capital to withstand a future downturn. THE ASSOCIATED PRESS

Analysis urges 'Buy Canadian'

Canada would be better off living with U.S. President Barack Obama's Buy American provisions than trying to strike a deal that gives up the autonomy provincial and municipal governments enjoy to enact their own buy-local policies, a new think-tank analysis suggests.

The briefing paper by the left-leaning Canadian Centre for Policy Alternatives — to be released today — concludes that Ottawa should focus its efforts on developing its own Buy Canada policy.

"Instead of tilting at the windmill of an unattainable exemption (from Buy American), our governments should emulate what is best in the U.S. buy-local procurement policies and employ them to benefit Canadians," the paper concludes.

"This stance would undoubtedly irk certain American interests, but they could hardly cry foul."

THE CANADIAN PRESS

In brief

ECONOMY Canada's economy has shown some signs of a tepid recovery but the Conference Board says that most industries it tracks are still experiencing financial trouble. A report from the group suggests profits are expected to fall more than 20 per cent this year in most of the six industries it monitors, which include food services, retail, transportation and wholesale.

HOUSING Canada Mortgage and Housing Corp. says housing starts rose to an annual rate of 157,300 in October, up from 149,300 in September. The agency says the increase was due to an improvement in the multiple-residence sector that includes condos and apartments. THE CANADIAN PRESS

Takeover Deal bitter for Cadbury

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

In this February file photo, a Cadbury chocolate bar is seen for sale in a shop in London. British candy maker Cadbury PLC yesterday rejected a renewed 9.8-billion pound ($16.4 billion US) hostile bid from Kraft Foods Inc. after the U.S. company refused to sweeten a previous offer.

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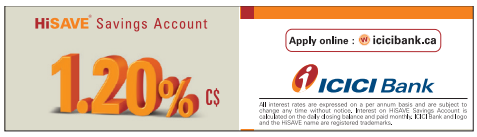
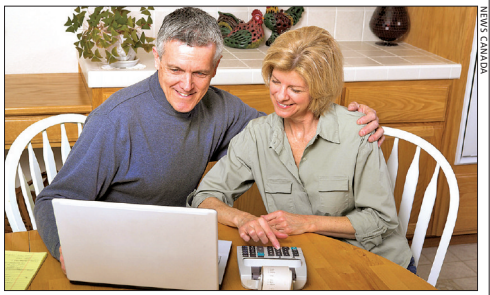
Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA





NEWS CANADA

Re-examine your insurance policy to find savings.

Save on home, auto insurance

There are lots of small steps Canadians can take to save money on home and auto insurance, without sacrificing comprehensive coverage.

"Something as simple as switching to a job with a shorter commute can impact your auto insurance premium," says Henry Blumenthal, chief underwriter for TD Insurance.

The information insurers look at may not be obvious, so it's worth taking a few minutes to double-check the details of your policy. For example, if you are a homeowner and you've recently quit smoking, you may be eligible for savings on your home insurance policy since it reduces the risk of fire.

NEWS CANADA

Charity without the pinch

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

Alison's Money Rule:

• Feed your soul this holiday season by focussing your charitable efforts on a local shelter.

My adult daughters usually can't recall what mom and dad put under the tree after a few months have passed, but they both remember in vivid detail what we did for people whose names we will never know.

Over the years we've given out Christmas boxes to low-income families, made sandwiches for the homeless and stuffed stockings for a women's shelter. Last year, we joined the Basketeers (www.basketeers.ca) and had fun filling a laundry basket full of household items to help abused women set up a new home. The best part was going to the collection centre and ogling the wonderful baskets — most far better decorated than ours! We'll do better this year.

That's the sermon, now here's the advice — if you're thinking of putting a shelter at the top of your holiday list start planning now as most of them like to have holiday donations in hand by early December.

You don't have to spend lots in order to make a difference. Here are a few suggestions.

• Re-gift without guilt. Avoid the disaster of giving a present back to the person who gave it to you by redirecting it to a shelter. I have a lovely wrapped cosmetic bundle I'll never use and my daughter has a new kettle she got at a wedding shower. Both are going into this year's Basketeers offering.

• Use your points. Last year I cashed in Air Miles reward points to buy theatre tickets with drinks and popcorn. Everyone needs a little treat in the holiday season.

• At your office party suggest adopting a local shelter and have everyone bring something to contribute instead of a gift exchange.

• Check with the shelters to find out what they need before you donate.

• Don't forget the gift receipt. This will be appreciated if an item doesn't fit or the recipient needs an iron more than a hair dryer.

Giving to local shelters is helping someone make a fresh start, something particularly appropriate in this season of renewal.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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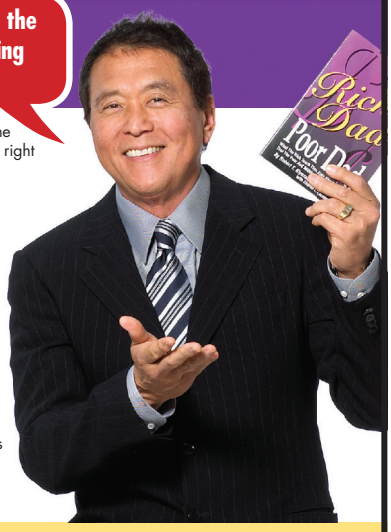

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Car Insurance Roadblock

Consumers concerned insurers don't want drivers with tickets or accidents

Worried Your Spotted Driving Record Means You've Got Nowhere To Turn For Car Insurance?

Don't be. While it's true that, all things being equal, your tickets and accidents make you a more expensive risk to insure than a similar car and driver with a clean driving record, that doesn't mean you should have trouble finding insurance – assuming you know where to look. Different insurance companies target different types of business and this is reflected in things like their claims service, marketing efforts, discounts, and most importantly for you, their rates.

Should I Just Accept That I'll Have To Pay A Bundle?

No. Sadly, this is a mistake many drivers make and it can be a costly one, especially if they don't bother to shop around for the lowest rate available. The key to finding the best rate, especially if you have tickets or accidents on your driving record, is to figure out which insurance company of the more than 20 in Alberta has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

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Lack of funds holding back TFSA contributions, poll finds
A RBC Financial Priorities Poll found that while most Canadians (71 per cent) are aware of the Tax Free Savings Account (TFSA), three-quarters (76 per cent) have not yet opened a TFSA with a lack of funds and knowledge being key reasons. METRO NEWS SERVICES

Your Money

Prenups can form basis of money talk

Marriage contracts and prenuptial agreements can be difficult to bring up when you're planning the happy event — and certainly not everyone contemplating tying the knot needs one.

But "prenups" can be particularly handy for people embarking on a second marriage or those who stand to inherit a sizable estate. And they start the kind of serious financial dialogue every couple needs to have on an ongoing basis.

Legal

- Prenuptial agreements are recognized in all Canadian provinces so long as they are properly drafted.

"Obviously a lot of people don't want to sign a prenup, because they don't think it's very romantic and in many cases people feel that it's awkward to bring it up," said Christine Van Cauwenberghe, a financial planning expert with Investors Group.

Van Cauwenberghe points out not every couple getting married is going to need a prenup. "If, for example, you have two people who are entering marriage, where neither one owns much of anything, then it's really not that much of an issue."

In other cases, the push towards a contract comes from one of the families.

Others might want the contract because they simply don't want to give up financial independence.

People embarking on their second marriage in particular might want to think about a prenup.

Another reason for a prenup would be taking care of children from a previous marriage.

"The court is not bound by those types of rules" said TD Waterhouse vice-president Patricia Lovett-Reid. "But the court will allow you to put in rules regarding children such as religious faith teachings for example, or no physical punishment."

THE CANADIAN PRESS

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Lombardi hits Broadway

Vince, a play about the legendary Green Bay Packers coach Vince Lombardi, is planned for New York next season. The play by Eric Simonson will open during the fall of 2010. Lombardi coached the Packers from 1959-67, winning five league championships in nine years. THE ASSOCIATED PRESS

Sports

Ovie's overstated injury

Alex Ovechkin, left, says he was joking when he told a reporter over the weekend that he could be out more than a month. The Washington Capitals star practised lightly yesterday and said he would actually miss about a week. He hasn't played since leaving a Nov. 1 game against Columbus after he was hurt in a scrum. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

No rest for the winners

Despite being winners of three straight, Calgary head coach Brent Sutter isn't about to go lightly on his Flames players.

Sutter put his team through yet another intense practice yesterday morning prior to heading out for a three-game road trip.

The Flames (10-4-1) will face off against the Canadiens in Montreal tonight before back-to-back games against the Buffalo Sabres on Friday and the Toronto Maple Leafs the next night.

"We're going into three tough buildings and we've got to play well," stressed Sutter, who gave his players a talking to part way through yesterday's practice before making them skate lines.

"I just felt our practice started like the way we played the other night (in a 3-1 win over the New York Rangers at home on Saturday). I wasn't pleased with the way we played even though we did win the game.

"It's not the way we want to play as far as our sloppiness and giveaways and not being a smart team."

Forward Nigel Dawes, who assisted on all three Calgary goals against the Rangers, said he wasn't surprised that Sutter continues to demand more from his players.

"If you're not doing things the way he likes, sometimes he'll try and make a point," said Dawes, who's now tied for third in scoring on the team with 10 points (four goals, six assists).

"We were kind of lackadaisical in the d-zone and last game we gave up way too many chances and he wasn't happy with that."

Following a day off on Sunday, Flames captain Jarome Iginla expected Monday's practice to be intense in advance of Calgary's road trip.

"I think that's becoming the norm, these type of practices," said Iginla. "They're definitely intense and that's part of pushing to get better and not be satisfied." THE CANADIAN PRESS

Iginla nabs weekly honour

• Flames winger Jarome Iginla, San Jose Sharks goaltender Evgeni Nabokov and Philadelphia Flyers defenceman Chris Pronger were named the NHL's three stars of the week yesterday. Iginla recorded five points in three games, including a league-leading four goals as the Flames posted three consecutive victories.

Glencross handed suspension

INCIDENT Calgary Flames winger Curtis Glencross was suspended three games by the National Hockey League yesterday for a blindside hit that left New York Rangers captain Chris Drury with a concussion.

A woozy Drury was helped off the ice after the hit only 48 seconds into the Flames' 3-1 win at home on Saturday night.

Glencross will also lose $18,652.86 US in salary. THE CANADIAN PRESS

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NFL Steeler steals a pass

DOUG PENSINGER/GETTY IMAGES

Pittsburgh's Tyrone Carter celebrates with teammate Deshea Townsend after returning an interception for a touchdown last night against the Denver Broncos. **For a complete game recap, visit metronews.ca/sports**

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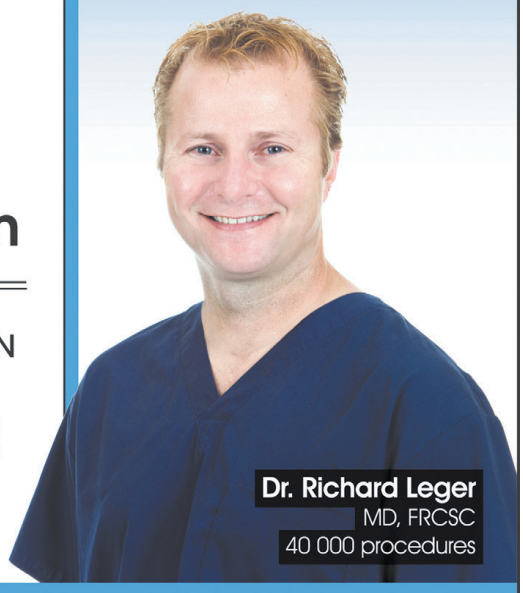

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Girls soccer fight draws investigation
League officials in Rhode Island are investigating a fight between members of two girls' high school soccer teams who threw punches, pulled hair and sparked a brawl in the bleachers. The fight captured on video by WPRI-TV broke out Sunday with about a minute left in a match. THE ASSOCIATED PRESS

Raptors **Driving the lane**

ERIC GAY/THE ASSOCIATED PRESS

Toronto's DeMar DeRozan scores over San Antonio's Antonio McDyess last night as the Raptors visited the Spurs. The Spurs went on to beat the Raptors by a final of 131-124.

Halladay to Boston?

Rumours swirl as MLB general managers gather in Chicago

If the Boston Red Sox really are interested in trading for ace Roy Halladay, Jays' general manager Alex Anthopoulos isn't saying.

As the general managers' meetings opened yesterday in Chicago, rumours about a future destination for Halladay, a free agent after 2010, surfaced again. Boston radio station WEEI reported on its website yesterday that even though the Jays are contemplating keeping Halladay, the pitcher has identified the Red Sox as a team to which he would accept a trade.

Halladay, who has won 148 games in 12 seasons with the Jays, has a no-trade clause in his contract and is scheduled to make $15.75 million US in 2010, the final year of his deal.

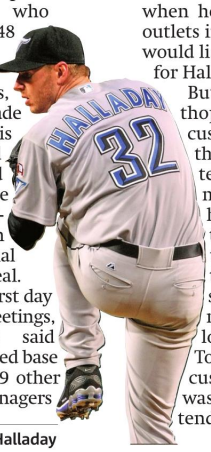
After his first day at the GM meetings, Anthopoulos said he had touched base with 27 of 29 other general managers present at the Chicago Airport Hilton, but wouldn't reveal if any of them had inquired about Halladay.

And he doesn't plan to.

"(Discussing potential trades) makes it much more difficult to do my job," he said. "The more quiet we can keep this, the easier it is ... we're going to do our best to keep it quiet."

Anthopoulos' commitment to keeping quiet on Halladay marks a stark contrast with his predecessor, J.P. Ricciardi, who helped spawn a month's worth of trade speculation when he told several U.S. outlets in July that the Jays would listen to trade offers for Halladay.

But even if Anthopoulos isn't discussing details with the media now, the team's desire to move Halladay is hardly a secret. As trade rumours trailed him throughout the summer Halladay maintained that he loved playing in Toronto, but his focus for the future was playing for a contender.


Roy Halladay TORSTAR NEWS SERVICE

Gretzky shows up for Hall induction

HOCKEY Wayne Gretzky decided to put his friends ahead of any lingering awkwardness with the NHL.

The Great One has been keeping a low profile since stepping down as coach of the Phoenix Coyotes, but turned up for the Hockey Hall of Fame's induction ceremony last night.

It's one of the showcase events on the league's calendar and Gretzky thought it was important to come out in support of inductees Steve Yzerman, Brett Hull, Brian Leetch, Luc Robitaille and builder Lou Lamoriello.

"It's a great honour for them," Gretzky told a large scrum of reporters at the Hall. "I played with most of those guys, other than Stevie, and we played in a World Cup together."

"It's a nice day for everyone." THE CANADIAN PRESS

Sports in brief

AHL Binghamton Senators goaltender Mike Brodeur was named the AHL player of the week. The 26-year-old native of Calgary stopped 94 of 96 shots in three appearances last week, good for a 0.67 goals-against average and a .979 save percentage.

OLYMPICS Tokyo's governor says he wants to bid for the 2020 Summer Olympics — a month after the city lost out to Rio de Janeiro for the rights to host the 2016 edition. Government officials said the governor was expressing a personal view and another bid would need approval from the city assembly.

SOCCER A referee chosen to officiate at next year's World Cup has been suspended for the rest of the Brazilian League season for repeated mistakes. The suspension of Carlos Eugenio Simon was announced yesterday. METRO NEWS SERVICES

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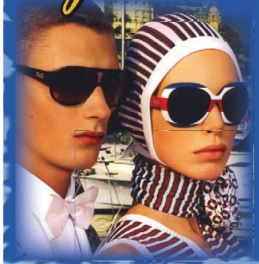

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Competing to be a chowder champ

A Ocean Wise, a Vancouver Aquarium program that educates consumers about sustainable seafood, is staging its second annual Chowder Chowdown on Nov. 25. Ten B.C. chefs will compete for the title of 2009 Ocean Wise chowder champion. THE CANADIAN PRESS

Travel

All eyes on Eve

After a one-hour TV documentary about skinny dipping attracted plenty of eyeballs when it aired on Travel and Escape last year, the channel decided to expand the concept. The result is Skinny Dip, a six-part travelogue series that debuts Wednesday, Nov. 18. Eve Kelly, left, an attractive 25-year-old Newfoundlander, returns as host, journeying to countries in search of exotic swimming holes. THE CANADIAN PRESS

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A Carib comeback

Dominca's remaining Kalinago people now welcome outsiders

DAVID WHITLEY
for Metro Canada

The stylized huts look rather familiar. "They're from Pirates of the Caribbean II — the cannibal village," says Irvince Auguiste, project manager of Dominica's Touna village. "Nineteen people from our village were in the film, and they gave the huts to us afterwards."

Touna is not a cannibal village, but the tribe that inhabits it is fascinating in a different way. The inhabitants are Kalinago — or Caribs, as they are better known to outsiders.

Despite giving their name to the Caribbean Sea and islands, there are very few Caribs left. Their days were numbered soon after Columbus discovered the region in 1492. The Spanish Crown gave settlers and explorers a free rein to take the inhabitants of the islands as slaves, but the Caribs resisted.

Island by island, they were wiped out or forced to retreat until there was only Dominica left. They were saved by the mountainous, rainforest-covered terrain. It became their hideaway as the Spanish thought it not worth fighting over.

Following French, then English takeovers, the Caribs were left with a tiny territory of less than 200 acres (later increased to 3,783). But a small population survived — and now just under four thousand Caribs live in the territory.

Touna is home to a remarkable project which aims to show visitors a living

Kalinago village. All 70 or so villagers have a stake in the project, and

they are opening their homes to visitors.

The homeowners give demonstrations of traditional skills, such as

basket-weaving, extracting juice from sugar cane or making cassava bread,

but around them, life goes on as normal. Dogs wander around wanting their tummies tickled, children protest as mom brushes their hair and guests can chew the fat with residents in one of the traditionally-thatched outdoor living areas.

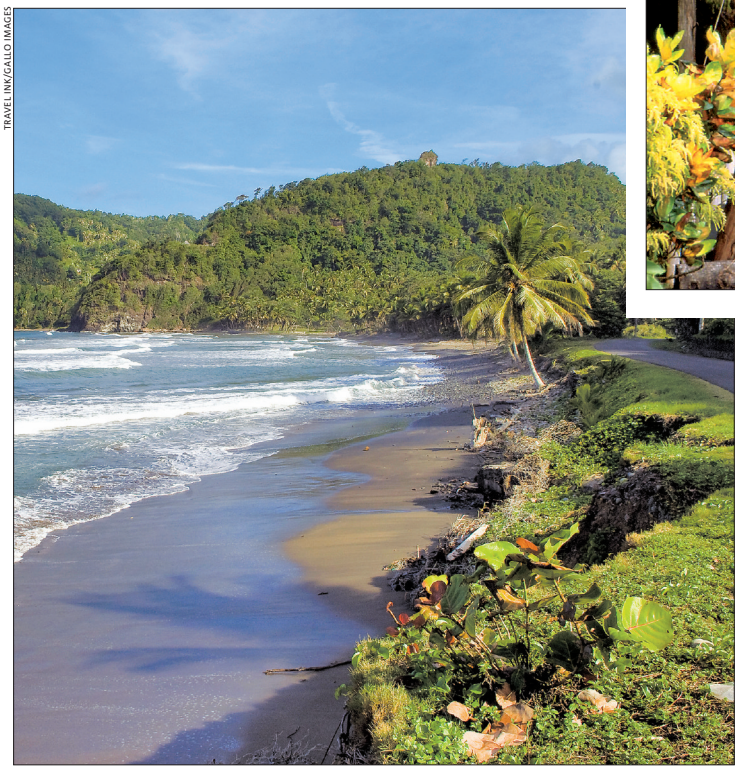
The idea is that everything is interactive. There are plans to let visitors stay in spare rooms and hammocks, while guests are also encouraged to try making their own baskets or sugar cane juice.

Each villager does what they can for the common good. Some organize gentle floats down the river in inflatable rings, some cook, some give explanatory walks round their herb garden.

Strolling through the valley between the houses, guests are encouraged to pluck guavas from the tree. Cocoa plants, breadfruit trees and pineapple bushes are pointed out and the villagers identify the plants used to make canoes and thatched roofs.Auguiste, who is also one of the six members of the Kalinago tribe council, says that it is only in the last five years that the Kalinago have really started to realize the benefits of tourism.

Read more on page 22 ››

TRAVEL INK/GALLO IMAGES



DOMINICA TOURIST OFFICE

Above, among the island's all-but-deserted black sand beaches is this one in Pagua Bay. Dominica is also known for its mountainous interior of dense rainforest, its clean rushing rivers and jungle waterfalls, and its very friendly inhabitants. Right, indigenous Carib Indians on a balcony in the Carib Territory, Dominica.

"Nineteen people from our village were in the film, and they gave the huts to us afterwards." Irvince Auguiste, project manager of Dominica's Touna village

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Flipping the switch on heritage
A new nighttime program to light up facades in the downtown St. Lawrence Market area is showcasing some of Toronto's most important heritage. The switch was flipped on Nov. 6. THE CANADIAN PRESS

Villages show pre-Columbian lifestyle

>> Continued from page 20

Strolling through the valley between the houses, guests are encouraged to pluck guavas from the tree. Cocoa plants, breadfruit trees and pineapple bushes are pointed out and the villagers identify the plants used to make canoes and thatched roofs.

Auguiste, who is also one of the six members of the Kalinago tribe council, says that it is only in the last five years that the Kalinago have really started to realize the benefits of tourism. "In a way, we have been working in tourism for hundreds of years," he says. "No one knew the island as well as us, so we were used as guides. But now the people are realizing the value of the traditions and are studying them again."

His thoughts are echoed by Kevin Dangleben, manager of Kalinago Barana Aute (or Carib Model Village). This is a more slick, but less immersive Carib Cultural experience, which opened in 2006.

Overlooking the Atlantic Ocean, the village features reconstructed traditional buildings and a walking trail past trees and plants that have been historically used for canoe-building, medicines and buildings.

Kevin says that the new projects are catering for demand. "Tourists have always been interested in the Carib Territory," he argues. "But they used to complain that they would just drive through and not see anything.

"Kalinago Barana Aute changed that. People can now get a feel for the pre-Columbian lifestyle."

He also believes that the development has had a positive effect on the Kalinago — the model village employs basket weavers, bread makers, tour guides, dancers and musicians. It also offers the opportunity for local craftspeople to sell traditional goods in a place where the tourists will actually stop.

But there is a wider effect. In displaying over 5,000 years of history and culture, the often marginalized and oppressed Kalinago have discovered they have something to shout about.

"The Kalinago have always felt like a minority, looked down upon by outsiders — including other Dominicans," explains Kevin.

"But the village has generated interest about the Kalinago way of life within the Carib Territory residents themselves. It elevates self-esteem and pride; we've realized that outsiders actually care and want to know about us."

Centuries after the Caribs were forced to hide away in Dominica's mountains and gullies, they are starting to welcome the insiders in. Survival is turning into a celebration of a culture which very nearly died out.

DAVID WHITLEY/FOR METRO CANADA

A meeting hut at Kalinago Barana Aute, or Carib Model Village, one of two traditional Kalinago villages on Dominica that allow visitors to experience the indigenous way of life.

Good to know

- There are no direct flights to Dominica from Canada — a change of plane at hubs such as San Juan, Puerto Rico, or Antigua is required. More information about getting to the island, where to stay and other activities both inside and outside the Carib territory can be found at dominica.

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Journalist wins culinary award
Judy Creighton, a longtime journalist with The Canadian Press, has received a prestigious award for her lifetime of service to Canada's culinary community. Creighton, 71, was given Cuisine Canada's Founder's Award on Friday. THE CANADIAN PRESS

Food

Culinary Landmarks: A Bibliography of Canadian Cookbooks, 1825-1949 by historian Elizabeth Driver of Toronto won the first Canadian Culinary Hall of Fame award THE CANADIAN PRESS

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Lager options

Norm! Does anyone not know who I'm talking about? Even if you're not a barfly, Norm Peterson from Cheers is an '80s icon whose name still gets a shout out at watering holes the world over. Taking advantage of his character's longevity, actor George Wendt has finally put his extensive beer knowledge into words in the just released Drinking with George: A Barstool Professional's Guide to Beer (Simon Spotlight, $32.99).

A blend of suds soaked memoir and actual fun facts about the history of beer, it's a relaxing read with oodles of stocking stuffer potential.

While I doubt Norm would approve of the just released **Molson Canadian 67 (12 x 341 ml, $19.95 - $20.99);** this weight-watching lager serves up only 67 calories per bottle (about half of what's in a cocktail or glass of wine) without losing too much of what make beer taste like beer.

Italy's **Peroni Nastro Azzurro Lager (6 x 330ml, $13.44 - $13.90)** would be more Norm's style. Its classic European design is sure to impress Stella Artois and Heineken drinkers.

Pork chops paired with plums

With cold weather outside, now is the best time to stay inside and try new dinner recipes. Check out our 20 Minutes Supper Club Healthy Guide for unique recipes that don't trade calories for taste. Our guide also offers vegetarian-friendly meal options.

This week's menu features a traditional pork chop with non-traditional sides. Applesauce is replaced with balsamic plums and Swiss chard. You'll delight your dinner guests with a new blend of flavours. The balsamic plums are so sweet and delicious they could double-up as a dessert recipe.

Apples or pears can also be a substitute for plums, they just need to be cooked in the balsamic a little longer.

Swiss chard compliments the sweetness of the plums and adds vitamin-enriched greens to the dinner.

We recommend frenched or futterfly pork loin chops for this recipe. "Frenched" refers to a chop that has been hand-trimmed to remove any excess meat or fat at the tip of the bone and can be found at butcher's counters in large supermarkets.

To complete the meal, go with a delectable sweet like chocolate dipped cookie dough truffles. These decadent truffles are also easy to freeze for late midnight snacks. With recipes like this friends will be willing to leave the comfort of their homes for a dinner party on a cold night.

-CHRISTY PENGILLY

Pork Chops with Balsamic Plums and Swiss Chard

Recipe developed by Paula Bowman

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 20 MINUTES

INGREDIENTS:
- 1/4 cup balsamic vinegar
- 2 Tbsp unsalted butter
- 2 Tbsp water
- 1 Tbsp honey
- 2 sprigs thyme
- 2 plums, pitted and cut into eighths
- 4 (8oz) pork chops, (about 1-inch thick)
- 2 Tbsp olive oil
- 1 bunch Swiss chard (1lb), thick stems discarded, leaves washed and roughly chopped

METHOD:

1. In a small nonstick saucepan or skillet combine vinegar, butter, water, honey and thyme over medium heat. Bring to a boil and simmer until glossy and reduced by half, about 3-4 minutes. Add plums, stir to coat, and continue to cook until liquid is syrupy and coats plums, about 3 minutes. Remove from heat, discard thyme sprigs and set plum mixture aside.
2. Meanwhile, season chops generously with salt and pepper. Set a large heavy-bottomed skillet over medium-high heat and heat one tablespoon olive oil. Add chops and cook, flipping once, until cooked through, about 5 minutes per side. Transfer chops to a cutting board and tent with foil to keep warm.
3. Wipe skillet clean, return to heat and add remaining one tablespoon olive oil. Add chard to skillet in batches, allowing for it to wilt slightly before adding more. Cook until wilted and tender, about 5 minutes. Season to taste with salt and pepper. To serve, divide chard and chops among plates and garnish with plums and balsamic glaze.

CARLO MENDOZA

Above: Pork chops with balsamic plums and swiss chard.
Right: Cookie dough truffles.

CARLO MENDOZA

Cookie Dough Truffles

Recipe developed by Stefany Squires

MAKES 20-24 TRUFFLES
PREP TIME: 20 MINUTES
COOKING TIME: 0 MINUTES

INGREDIENTS:
- 1/2 cup unsalted butter
- 3/4 cup brown sugar
- 2 cup all-purpose flour
- 1 can (14 oz) sweetened condensed milk
- 1 tsp vanilla extract
- 1/2 cup miniature semi-sweet chocolate chips
- 1/2 cup chopped nuts (stefany recommends almonds)
- 1-1/2 pound semi-sweet chocolate

METHOD:

1. In a mixing bowl, cream softened butter with brown sugar until light and fluffy.
2. Add all-purpose flour, sweetened condensed milk and vanilla extract. Mix well.
3. Stir in miniature semi-sweet chocolate chips and chopped nuts.
4. Shape dough into 1-inch balls and place them on parchment paper. Cover and refrigerate for approximately one hour.
5. Melt semi-sweet chocolate in the microwave for coating truffles. Dip balls in chocolate and place on parchment paper. Refrigerate until firm, about 10-15 minutes.

20 minute SUPPER CLUB

Eating fair

Here's a tip from World Wildlife Fund Canada to help you on your next shopping trip: Support fair trade when possible. For items that Canada does not produce, consider purchasing fair trade imported products. METRO NEWS SERVICES

PB&J: From sandwich to truffle

No one's a fan of deception when it comes to getting kids to eat healthy. But sometimes you'll have to rely on novelty to keep things interesting.

Which was the inspiration for this idea for candy-like truffles made from that all-American childhood staple — peanut butter and jam sandwiches. These are seriously delicious, even if the process of making them seems pretty strange.

All you do is make peanut butter and jam sandwiches on whole-wheat bread, then run them through the food processor until they formed a thick dough. Then just roll chunks of it into balls and coat some of them with crushed peanuts, others with powdered sugar.

Banish all thoughts of those dreaded soggy PB&J sandwiches from your lunch box days. While reminiscent of a sandwich, the texture of these truffles is pleasantly chewy and thick, and the taste is decadent.

Alternative coatings could include crushed almonds or pistachios, mini chocolate chips (though that detracts from the healthy aspect of this kid-friendly snack), cocoa powder or finely chopped dried fruit, such as dried cranberries or cherries.

The oil in the peanut butter and the moisture in the jam means any powdery coating (such as powdered sugar or cocoa powder) will moisten over time. They still are delicious, but kind of sticky. Consider applying such coatings only just before serving.

Coated or uncoated, these truffles can be refrigerated for several days, pack easily in lunch boxes and improve with age.

LARRY CROWE/THE ASSOCIATED PRESS

Peanut Butter and Jam Truffles

Peanut Butter and Jam Truffles

MAKES 24 TRUFFLES

INGREDIENTS:

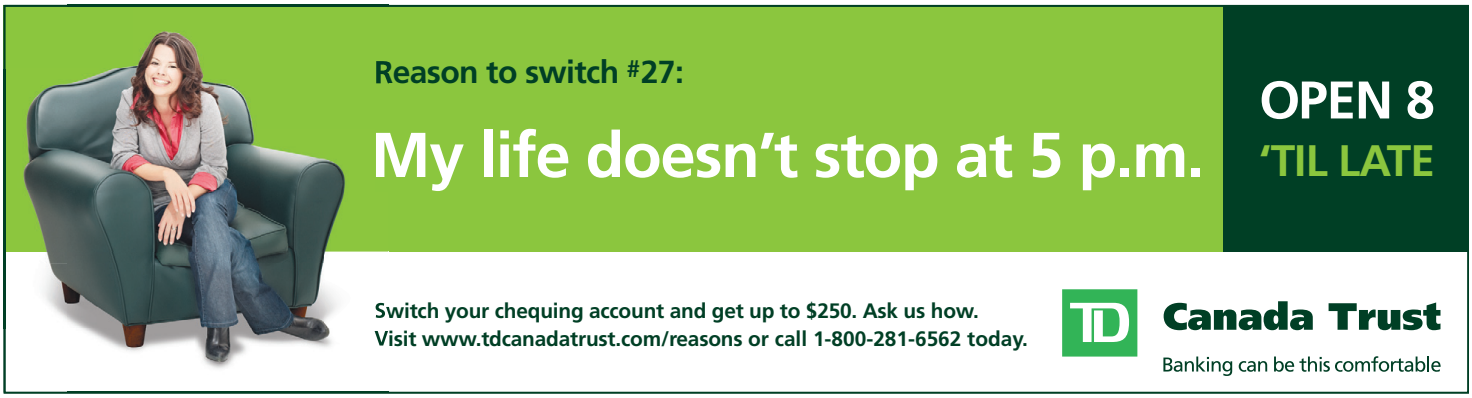
- 6 slices whole-wheat bread
- 375 ml (1 1/2 cups) peanut butter
- 300 ml (1 1/4 cups) no-sugar jam
- Crushed nuts, finely diced dried fruit or powdered sugar, for coating (optional)

METHOD:

In a food processor, combine bread, peanut butter and jam. Process until ingredients form a thick, dark brown dough with an even consistency. There should be no streaks of peanut butter or jam.

Break off 15 ml-sized (tablespoon-sized) chunks of the dough and roll into balls. The truffles then can be rolled in crushed nuts, finely diced dried fruit or powdered sugar. If not serving immediately, refrigerate in an airtight container.

THE ASSOCIATED PRESS



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Pumpkin-cranberry cake: A pleasure without the guilt

When baking cakes, there are a few things you can do to give most recipes a healthy makeover. This pumpkin-cranberry spice cake, for instance, is an indulgent but healthy treat that uses tricks easily applied to other recipes.

First, half of the all-purpose flour is replaced with white whole-wheat flour, which significantly increases the cake's whole-grain count without adding the astringent flavours some people associate with more conventional whole wheat.

White whole-wheat flour has the same nutrition as standard whole-wheat flour, but with a lighter colour and milder flavour. It's milled from a hard white winter wheat berry, rather than the hard red spring wheat berry of traditional whole-wheat flours.

Second, canned pumpkin puree does double duty by providing a classic flavour and replacing all but 75 ml (1/3 cup) of the oil. This combination keeps the cake moist and tender while keeping down the fat.

For many cake and quickbread recipes, especially richly flavoured ones such as chocolate and gingerbread, you also can use fruit purees to replace up to three-quarters of the fat.

Apple butter or prune puree (which is available commercially in cans as prune or plum pie filling) work best because they add plenty of moisture and contain pectin, which like fat coats the starchy flour particles and prevents them from forming the glutens that make baked goods chewy.

Finally, the pumpkin cake is simply decorated with a dusting of powdered sugar rather than a heavy frosting which would add additional fat and calories.

For a fancier finish, you can make a glaze by whisking together 30 ml (2 tbsp) orange juice, 2 ml (1/2 tsp) orange zest and 300 to 375 ml (1 1/4 to 1 1/2 cups) powdered sugar. Drizzle the glaze over the cake just before serving.

LARRY CROWE/THE CANADIAN PRESS

Pumpkin-Cranberry Spice Cake

Pumpkin-Cranberry Spice Cake

SERVES 16

INGREDIENTS:

- 300 ml (1 1/4 cups) all-purpose flour
- 250 ml (1 cup) white whole-wheat flour
- 15 ml (1 Tbsp) cinnamon
- 10 ml (2 tsp) ground ginger
- 5 ml (1 tsp) allspice
- 5 ml (1 tsp) nutmeg
- 10 ml (2 tsp) baking powder
- 10 ml (1 tsp) baking soda
- 5 ml (1 tsp) salt
- 375 ml (1 1/2 cups) sugar
- 75 ml (1/3 cup) canola oil
- 3 large eggs
- 10 ml (2 tsp) vanilla extract
- 1 can (426 ml/15 oz) pumpkin
- 10 ml (2 tsp) grated orange zest
- 30 ml (2 Tbsp) orange juice
- 30 ml (2 Tbsp) water
- 250 ml (1 cup) dried cranberries
- Powdered sugar, for dusting

METHOD:

Heat oven to 180 C (350 F). Coat a large Bundt pan with cooking spray or brush with oil. Add a small amount of granulated sugar and turn the pan to coat the inside, discarding any excess.

In a medium bowl, stir together both flours, cinnamon, ginger, allspice, nutmeg, baking powder, baking soda and salt.

In a large bowl, combine sugar, oil, eggs and vanilla. Beat with an electric mixer on high until mixture is thick and pale, about 3 minutes. Add pumpkin, orange zest and juice, and water. Beat on low until smooth.

Sift dry ingredients on top of pumpkin mixture and stir just until combined. Stir in cranberries.

Using a rubber spatula, scrape batter into prepared pan, smoothing top. Bake for 40 to 50 minutes or until a skewer inserted at the centre comes out clean. Turn cake out onto a wire rack to cool completely.

Dust with powdered sugar before serving.

THE ASSOCIATED PRESS

Gingerbread Challenge
In the Food Network's Giant Gingerbread Challenge two teams of three pastry chefs face off to build six feet tall gingerbread houses. The winning team will take home $10,000 and a gold medal. The show airs Dec. 6 at 7 p.m. ET. METRO NEWS SERVICES

Dinner in minutes: Spaghetti carbonara

With the help of bacon and Parmesan, anything's possible

When the basic ingredients are bacon, pasta, eggs and Parmesan cheese, it's hard to go wrong.

This uncomplicated recipe for spaghetti carbonara from Lucinda Scala Quinn's Mad Hungry: Feeding Men and Boys, comes together in minutes.

Spaghetti carbonara

START TO FINISH: 20 MINUTES
SERVES 4 TO 6

INGREDIENTS:

- 1 pound spaghetti
- 1/2 pound bacon, sliced crosswise into 1/2-inchpieces
- 3 large eggs
- 1 cup grated Parmesan cheese,plus extra for serving (optional)
- Ground black pepper, to taste

METHOD:

1. Bring a large pot of salted water to a boil and cook the spaghetti according to package directions.
2. Meanwhile, in a large skillet over medium-low, cook the bacon until just crispy, 8 to 10 minutes. Skim off some of the fat.
3. Drain the pasta, add to the bacon in the pan, and toss to combine.
4. In a small bowl, whisk together the eggs, cheese and pepper in a small bowl. Pour into the pasta and combine thoroughly. Serve immediately with extra grated cheese, if desired.

THE ASSOCIATED PRESS

Spaghetti carbonara, a recipe from Lucinda Scala Quinn's Mad Hungry book.

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Where's the beef?

Pork, bacon, ham — despite swine flu fears, pig is everywhere

The president of the National Pork Producers Council — the person who represents the people who represent the nation's pigs — appeared recently before Congress to talk about sales in the swine flu era.

He wasn't happy. "Things look bleak going forward," Don Butler told America's lawmakers.

Around the same time, the following events transpired:

— The usually beef-and-beany Taco Bell erected signs at the mouth of its drive-thru lanes, exhorting motorists around the republic: "TOP IT OFF WITH BACON."

— Uncle Jack's, one of New York City's signature steakhouses, put out its sidewalk chalkboard of dinner specials. Getting top billing at the beef emporium, for $24,95, was not sirloin, not rib-eye, not filet mignon, but slow-roasted Berkshire pork shank.

— The brewmaster of Brooklyn Brewery, using an intricate process, crafted 25 experimental cases of — wait for it — bacon ale.

In this season of approaching winter holidays and abrupt spikes in ham consumption, this much is worth noting: In the land of the cowboy, the country where beef is held up as the meat that defines the American character, the pig in all its succulent, edible incarnations seems to be everywhere.

"As an interest in food, its origins and its preparation spreads around America, it makes sense that the American palate is widening past just burgers and steaks," says Sasha Wizansky, the co-editor of Meatpaper, a magazine about meat culture in America.

> **"Practically every scrap of a pig can be transformed into something tasty."**
> Sasha Wizansky, the co-editor of Meatpaper

"Practically every scrap of a pig can be transformed into something tasty," she says, "and you can find a treasure trove of pork-centric dishes and cured products from around the world." (Meatpaper's first themed issue, earlier this year, focused on the hog.)

It's not as if the pig suddenly arrived on the American scene. From the earliest settlements in Virginia, it's one of the oldest domesticated creatures to make its way down American gullets. But somewhere along the line, pork was cast as an also-ran, below burgers and chicken in the culinary taxonomy.

Sure, ham and ribs and Southern barbecue were continuous staples for the American stomach. But for years, many Americans rarely ventured beyond the Shake 'N Bake pork chop and its workaday suburban brethren. Even pork's long-time slogan, "The Other White Meat," suggested a status akin to how Avis approaches Hertz.

Is that changing? Ask Michael LaScola, chef and owner of American Seasons, a Nantucket, Mass., restaurant where you'll find every part of the pig harvested into unusual recipes. Crispy pig ears, served up like French fries with a side of smoky ketchup? Check. Pig's head bacon served with eggs sunny side up? Check. Pork-belly fritters with foie gras? Check. And check your cholesterol while you're at it.

"Pork is definitely my favourite thing to play with and to cook with," says LaScola, who recently co-hosted an event called, yes, Hogtoberfest.

"You can go sweet and you can go savory. And either way it works," he says. "It has a lot of flavour but it's not gamey like lamb would be. Or it doesn't have that super blood iron kind of thing like some beef."

And, as meats go, most cuts of pork remain quite affordable — no small matter when you're trying to feed a family during a recession that's pushing into its second year.

THE ASSOCIATED PRESS

JAMIE MARTIN/THE ASSOCIATED PRESS

Wilbert Richardson, a retired Army paratrooper, checks a large slab of ribs that he is cooking at Dreamland Barbecue in Montgomery, Ala.

Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Keeping fit in frightful weather

Start by assessing the decrease in your daily activity level

This winter, it's going to be a little more difficult than normal to justify a drop-off in our activity level.

Why? The Vancouver 2010 Winter Games, of course. We're going to be continually hearing about our top winter athletes, and well, if they can pursue their dreams day in and day out in the chilly mountain air, or on a rink for hours at a time, then it'll be harder to convince ourselves that flurries, early nightfall and a cold wind make it impossible for us to walk the dog.

The kind of exercise we get going about daily activities is sometimes referred to as "slice-of-life" activity, and it's usually the first thing to go when the weather gets frightful.

So instead of, say, walking to work as you would in warmer months, you'd hop on a bus; instead of taking your bike or transit to go shopping, you may be tempted to drive to the mall and fight for the parking spot nearest the entrance; and rather than run errands or stroll to the coffee shop with colleagues on your lunch break, you'll stay planted at your desk with a mug of instant soup.

All of that activity fall-off tends to happen gradually as the winter progresses, so that if your daily caloric intake stays the same, but your daily activities — however minor you think they are — diminish, the chances that your skinny jeans will still fit come February also diminish.

So before winter really sets in and you fall into a routine, take stock of your current slice-of-life activity each day, determine what you can reasonably keep up all winter (we're not advocating going for a stroll in skin-freezing temperatures) and what you think you're going to make up for any drop in activity.

Here are a few places to start:

Be creative

• Alright, so everyone knows the tried-and-true suggestion to always take the stairs at your office or apartment building instead of the elevator. It happens to be a good suggestion, of course, since stair climbing is solid exercise and plenty of us travel up and down many floors in a day to begin with.

In winter, the thing to do is try and extend the stair-climbing policy anywhere else in your day that it fits: You'll also find staircases at the doctor's office, when calling on clients and at the department store. (If you take the subway, institute a no-escalators rule in the winter: You'll be impressed at the number of stairs you can work into a day.

• If you find it's too cold to do your usual walk to work, and you're in a downtown core, see if you can be imaginative about changing your route — i.e. cut through a mall or office towers — so you can warm up intermittently.

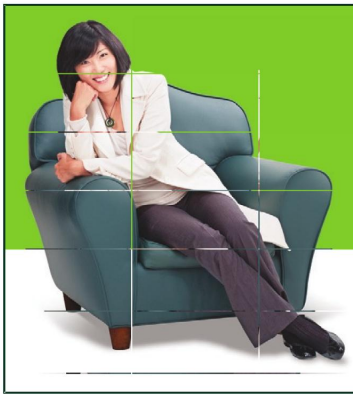
• If you own a mat and have pals who do yoga or Pilates, arrange to get together at somebody's place a few times a week and practise.

Be consistent

• Just because slice-of-life activities are minor compared with, say, an hour at the gym, don't approach them with any less mental resolution: Collectively, they add up. So don't even think about whether you're going to climb the stairs when you reach your apartment building after work. Once you've even begun the mental debate over doing or not doing, you're far more likely to go with not doing.

• Get colleagues in on it. Find a partner in crime, or when the usual gang is about to head out to the

Read more on page 27 ››



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WOJCIECH GAJDA

Sure, there are folks who can keep their outdoor exercise routine going through the winter months. But most of us would do well to start to think about winter fitness by assessing the decrease in our daily routine activities during the colder months, and have a plan to counteract it.

Enjoy winter

OK, OK. We know. For some people, "enjoy" and "winter" have never gone together and probably never will. But here's some food for thought: Winter in a downtown core or dense suburbia, complete with dark gray slush, semi-frozen puddles and salt-caked roads is nobody's idea of enjoyable winter surroundings. You need to go where the environs are more inspiring. (No, not Barbados.) If you live near a large park or ravine trails, where snow has half a chance to accumulate and trees or hills obscure your usual view of the city, you're far more likely to enjoy a winter walk there.

• Try to hang out with creatures who tend to be enthusiastic about winter — kids and dogs are a great start. Make the effort to take nieces and nephews tobogganing or skating, or tag along to the park with a dog-owning friend.

• Try to find low-cost winter sports. If you don't want to buy a new pair of skates, find a sports exchange store to get a deal on a used pair, or find a rink that rents them. You can also look for places outside the city, such as conservation areas, that will rent snowshoes and cross-country skis. METRO NEWS SERVICES

IVAN BONDARENKO

If you have trouble summoning up any enthusiasm for winter, try spending some time outside with those who love it: Kids and dogs are a likely bet. Take some nieces and nephews to-bogganing, or tag along to the dog park with a friend.

After an abusive relationship, it's smart to take things slowly

The J Spot

IDA MAE ASTUTE/ABC

Diane Sawyer, left, interviews singer Rihanna about her relationship with ex-boyfriend Chris Brown in New York.

Rihanna, the 21-year-old singer who opened up in televised interviews last week, says she has no interest in dating following her split from Chris Brown.

Rihanna and Brown had a highly publicized altercation in February, during which Brown choked and bit Rihanna and tried to push her from a car. Brown was sentenced to probation, community labour and domestic violence counselling after pleading guilty to felony assault.

I'm not sure how recent reports that Rihanna is dating R&B singer Travis London fit with her professed lack of interest in dating but, in principal, Rihanna's smart to take things slowly after what she went through with Brown.

Emotional and physical abuse in a relationship can do a major number on your self-confidence and make it really tough to trust anyone again when it comes to dating.

It's hard not to think, in the back of your mind, that every guy has the same potential to be abusive.

In these circumstances, being extra cautious is healthy and normal. It's important to take time to heal emotionally and also examine yourself and your relationship patterns and how you found yourself with someone who treats you so badly.

And before getting seriously involved with someone new, there are things one can do to avoid the same kind of relationship.

Observe friends' relationships you think are healthy. Talk to them about why it works. Compare notes with your last relationship.

Think about why you put up with abusive behaviour. Abuse can often become a pattern with women who don't believe they deserve better for whatever reason — perhaps they were abused or simply didn't get the attention they needed as kids.

If you're taught that love comes from people who hit you or make you feel bad about yourself, you'll probably look for love from those kinds of people.

Spend some time looking at the type of guy you want to get involved with. Look for qualities in your dates that will achieve the kind of healthy relationship you deserve — kindness, graciousness, and a genuine interest in you and your life.

If you decide to start dating again, make sure it's for the right reasons, not just because you think you should but because you honestly feel ready.

But you also have to be careful not to stay out of the game too long. I know someone who was in an abusive relationship and refuses to get involved with anyone because she says she's not ready.

It's now been more than 10 years. There's waiting and there is avoiding — be honest with yourself about which category you fall into.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Continued from page 26

coffee shop, leave a minute or two early and tell them you'll meet them downstairs.

• Get a pedometer, and you'll have an easier time tracking how much you've walked in a day.

Be warm

• Time was that staying warm and dry all winter was almost totally incompatible with fashion, but that excuse has long gone. We all know how much wearing a hat can stave off cold, but not as many of us really appreciate how much having warm, dry feet can take the edge off winter and make us feel like walking an extra block or two. Luckily, in the last couple of years we've seen a blossoming in the availability of good, solid, waterproof rubber boots — something Scandinavians are way ahead of us in appreciating.

Look for a good thick sole with high-traction treads. As for warmth, you can get rubber boots with pile lining or removable fleece linings.

Add insulated sole inserts (the kind with the shiny silver on one side) and the warmest wool socks you can find and far more likely to enjoy being outside.

• Some other options for warm and dry feet include La Canadienne, lacanadienne.ca, a footwear brand that's made for our countrywomen, so lined, waterproof boots are de rigeur. Finally, venture to Mountain Equipment Co-op, mec.ca, for serious winter boots that range up to warm-enough-for-Baffin-Island models.

Be safe

• Some days, slipping on the ice really is an impediment to anything resembling a walk. An inexpensive way to reduce that potential hazard is to get a pair of STABILicers from Lee Valley, leevalley.ca, which can slip over your boots and beef up your traction.

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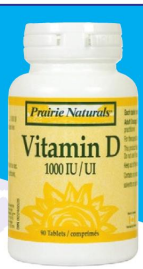

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Moore beauty products

Demi Moore is launching her own beauty range. The 46-year-old actress is currently in negotiations to work with Helena Rubenstein on her own line of products, but refused to give any details on the venture. FEMALEFIRST.CO.UK

Entertainment

Wife swap

Gwyneth Paltrow is to play Nicole Kidman's wife. The actress is replacing Charlize Theron in The Danish Girl, an adaptation of a novel about the first post-operative transsexual starring Kidman. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Dolly hard as nails

Country singer brings live concert experience to DVD

GRAHAM ROCKINGHAM
for Metro Canada

"I don't have to (use a guitar pick) with these nails. They're hard as nails, so actually it works out pretty good." Dolly Parton

The first things you notice about Dolly Parton — besides her more obvious attributes — are the length of her scarlett finger nails. They're scary, almost Wolverine-like weapons.

They're so long, as a matter of fact, that she can strum them together and use them as percussion instruments. On her new DVD/CD, Live From London, Parton says she did exactly that to make the typewriter sounds on her hit song 9 to 5.

Parton even offers a demonstration. Ratatatat, ratatatata.

The DVD, released today in Canada on the Sonic Unyon Records label, is mostly concert footage culled from two sold-out nights at London's 02 arena during her European tour last year. But it also offers some revealing behind the scenes interviews with Parton, including the time where she shows off her tap-dancing finger nails.

"You have to have acrylic nails, falsies I say," Parton laughs in a phone interview from her Nashville office. "And I'm really the queen of falsies ... when I was little I was always doing it, playing my nails like that, making that sound. But it's the acrylic coated nails that gives it that sound. It makes a real good rhythmic sound, don't it?"

Yet you've got to wonder how she can possibly play guitar with those claws?

"I don't have to (use a guitar pick) with these nails," she says. "They're hard as nails, so actually it works out pretty good."

A set of nails usually lasts her through an entire tour. Sometimes accidents do happen, however, so Parton comes prepared.

"I keep crazy glue on the set. You know, the superglue? I always keep it with my water and my kleenex. I always keep kleenex, a bottle of water and a tube of crazy glue, because I may have to glue back on a nail."

Parton is 63, but the DVD shows her still in prime shape. She hasn't lost any of the energy that has made her one of country music's biggest stars.

"I have to watch my weight because I'm so little and I have such a big appetite," Parton admits. "I have been much heavier in my life. But when we were on that tour we had the greatest chef that travelled around with us to all the places that we went. Man, it was really hard. So I had to stay on a low carb diet so I could eat more, lots of chicken, meat, fish, cheeses, eggs and stuff. That way I try to maintain it.

And does Parton work out in a gym?

"No, I'm not one of those people," she says. "I'm particular about who I sweat with."

The Book Lady

- Book Lady, a half-hour documentary about country music legend and pop-culture icon Dolly Parton's campaign for children's literacy, will have its first Canadian broadcast on Sunday, Nov. 22, on the CBC program Canadian Reflections.
- Visit metronews.ca/entertainment for a trailer of the documentary Book Lady.

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Dolly Parton's new DVD/CD, Live From London, is out today.

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NISSAN

Simpson's got Hart

Ashlee Simpson isn't taking her dismissal from Melrose Place lying down. According to reports taking on the role of Roxy Hart in the Broadway production of Chicago, according to Gossip Cop. METRO WORLD NEWS

Taylor-made year

Can teen beat veterans for country music's top award?

Kenny Chesney has made the very hard work of dominating country music look easy.

And Taylor Swift is paying close attention.

The 19-year-old sensation has the record sales. She beat out every living artist — no matter the genre — this year with more than 3 million copies of her Fearless CD sold and counting (only Michael Jackson has sold more). The album remains No. 3 after 51 weeks on the charts.

And she's moving concert tickets as fast as they can print them.

That might be enough to sway the more than 5,000 members of the Country Music Association, who decide who gets the trophy for entertainer of the year, the CMA's highest honour, at the CMA Awards tomorrow night (the broadcast will air live on ABC).

She's the youngest ever nominated for the award and the first solo female act since Faith Hill in 2000, and she's faced a lot of questions about whether either is a limiting factor.

"I think you have to do the work and put in the effort and do the touring that it takes to win entertainer of the year," she said in an interview with The Associated Press. "And I don't really think it has anything to do with gender. I think if you want to compete with the boys, play on a level that they're playing at."

Nineteen-year-old Taylor Swift, whose album Fearless is till No. 3 on charts after 51 weeks, is the youngest ever artist to be nominated for Country Music Awards' Entertainer of the Year honour.

And the guys in this category are playing at the highest.

Using a combination of unparalleled album and ticket sales, Chesney has dominated the CMA Awards' most prestigious category with three straight wins and four of the last five. A fifth win would move him past Garth Brooks for most in the 43 years of the awards. This is the eighth straight year he's sold more than a million concert tickets, and fans are drawn to his brand of Caribbean cool like no other.

Brad Paisley leads all nominees with seven and is entering his second year as co-host with Carrie Underwood.

Keith Urban's supercharged live show has made him one of country's most bankable stars and his album Defying Gravity hit No. 1 on the Billboard 200. He's the only artist to interrupt Chesney's recent domination in the category, winning in 2005.

And then there's George Strait, a two-time winner in the category and CMA's career leader in nominations (79, with Alan Jackson) and wins (22) whose Twang also debuted as the nation's No. 1 album. THE ASSOCIATED PRESS

DVD picks

Up

Director: Pete Docter

ONE OF THE MOST EMOTIONAL movies yet from Disney/Pixar upholds the studio's sterling reputation with a romantic and quixotic adventure about a grumpy septuagenarian determined to fulfill a promise made to his late wife.

Directed by Monsters, Inc. helmer Pete Docter (with co-direction and co-writing by Bob Peterson), Up follows the quest of Carl Fredericksen (Ed Asner), a 78-year-old balloon salesman with a head like a lantern but an attitude like a spent match.

Carl recently lost his wife Ellie, the love of his life, whom he had promised to one day take on safari mysterious Paradise Falls in the jungles of South America.

Life interfered, but fate, ingenuity and a nod to The Wizard of Oz get the dream aloft once more, sending Carl and eight-year-old stowaway Russell (Jordan Nagai) on a wild ride.

Up is a story of human bonds remembered and new ones forged, and never for one moment does it seems insincere or contrived.

Extras abound, including a commentary by Docter and Peterson, making-of featurettes and the short films Dug's Special Mission and Partly Cloudy.

In The Loop

Director: Armando Iannucci

"WE, THE PEOPLE," becomes "We, the political weasels" in the backrooms of power in Washington and London, in this relentlessly savage but often very funny political satire by Armando Iannucci, a Scotsman with an Italian name who is known as a comedian and broadcaster over in Blighty.

Based in large part on Iannucci's BBC series The Thick of It, it proceeds from the popular notion, born of bitter experience, that any politician or civil servant will always choose to do the sneaky thing rather than the right thing.

Despite the efforts of PR manager Judy (Gina McKee) and greenhorn political adviser Toby (Chris Addison), bumbling Brit cabinet minister Simon Foster (Tom Hollander) continues to put his foot in his mouth over an impending Middle East war led by Britain and the U.S. (Iraq, anyone?)

It makes for a woozy trip across the Atlantic and it could really bum you out, even as it makes you roar with laughter. Will Obama's "change you can believe in" end this way, too?

Extras include interviews and commentary by Iannucci, Hollander, Capaldi, Addison and McKee, plus deleted scenes and making-of features.

Peter Howell/for Metro Canada

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UNIVERSITY CANADA WEST

CHARLIE RIEDEL/THE ASSOCIATED PRESS

Pictured last month, the Kansas farmhouse where the Clutter family was murdered in 1959.

Bad blood, 50 years later

It's one of America's most haunting crime stories: four members of a Kansas family brutally murdered at their farmhouse on Nov. 15, 1959.

The slaying of the Clutters — chronicled in Truman Capote's book, In Cold Blood — has overshadowed the rural town of Holcomb for the past half-century.

For many townsfolk, the wounds have been slow to heal partly because of Capote's critically acclaimed book that spawned a new literary genre. The book has been reviled in its birthplace by residents because of its recreation of events that never happened, and what they call commercial exploitation of the victims. Subsequent movies have also been unpopular here.

"They made a tremendous amount of money off our great tragedy," said Bob Rupp, who, as a teenager, dated Nancy Clutter.

The horrific slayings of Herbert Clutter, a farmer and community leader; his wife, Bonnie Mae Fox, and their children, Kenyon, 15, and Nancy, 16, shattered a generation's innocence.

The hunt for the killers — parolees Dick Hickock and Perry Smith, who were later tried and executed — mesmerized the nation, drawing journalists from across the country.

"I wish the book had not been written," said relative Shirley Clutter, 80, at the recent unveiling of a memorial to the slain family.

THE ASSOCIATED PRESS

On screen

- The 1966 book In Cold Blood spawned a 1967 film version and a later miniseries. It also inspired the 2005 film Capote, with Philip Seymour Hoffman in the Oscar-winning title role.

Nick is sick
The Jonas Brothers were forced to cancel a concert in Switzerland on the weekend. A statement released on Twitter said youngest brother Nick, left, is ill with an upper respiratory infection and was advised not to sing. POPEATER.COM

The high notes, and the low

Canadian bandleader charts his career in a new book

In both music and comedy, timing is everything.

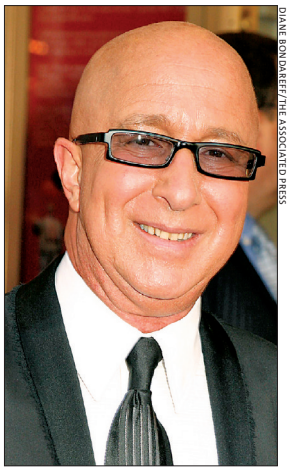
Few know that as well as late-night bandleader Paul Shaffer, whose charmed career took him from childhood synagogue performances in northern Ontario to TV gigs backing Bob Dylan, Gilda Radner, John Belushi, Ray Charles and David Letterman.

But it was a lack of good timing that torpedoed two of Shaffer's biggest opportunities, as the Canadian keyboardist reveals in his recent memoir, We'll Be Here for the Rest of Our Lives.

One involved a missed phone call in which Jerry Seinfeld offered him the role of George Costanza in a new sitcom he was pitching, called Seinfeld.

"Jerry's great, but what kind of show could he possibly have?" Shaffer writes in his sprawling, lightheartedcollection of anecdotes. "So I never returned the call. Schmuck."

The other missed opportunity was due to a botched schedule that forced Shaffer to drop out of the Blues Brothers movie, which was packed with soul legends and personal heroes, including James Brown, Ray Charles and Aretha Franklin.



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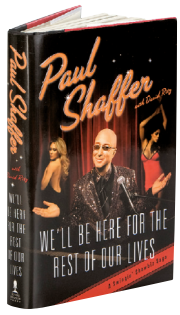

In his new memoir, musician Paul Shaffer, left, reveals he passed up the chance to play George Costanza in Seinfeld.

Shaffer says he was in the middle of helping comedian Radner record an album, when a conflict spawned "a major feud" with Blues Brother star Belushi.

"(Belushi) released a statement to our group on Saturday Night Live (saying) 'Paul Shaffer's out, he's not a Blues Brother, he will never be a Blues Brother,' " Shaffer recalled recently, promoting his book in Toronto.

"And I just felt horrible about … missing the movie of a band that I had so lovingly helped put together. But I did the only thing I could do. Gilda had been such a wonderful friend to me and I just couldn't leave her in the lurch."

In true Canadian fashion, Shaffer's only significant revelations are self-deprecating. The amiable piano man eschews celebrity dirt while name-dropping such scandal-plagued stars as Belushi, Andy Kaufman, John and Mackenzie Phillips, Phil Spector, and Shaffer's boss, Letterman.

"How could I write a tell-all? I mean, there's nothing much to tell, really," says the 59-year-old Shaffer. "People have picked over that history so much — I'm here to just pick up the pieces and tell you how much fun we had …"

He says, like most people, he was stunned by revelations of incest in Mackenzie Phillips' biography, High on Arrival. Shaffer writes of an evening he spent with the teenaged Phillips in 1977, when she complained of listening to people tell horrible stories about her father.

Shaffer acknowledges that "stuff got left out (of the book)." But, he adds, "I'm ready to go with Volume 2. I've got enough stories left over."

THE CANADIAN PRESS

Comedian-rapper Williams in jail facing burglary charges

BEHIND BARS Comedian and rapper Katt Williams remained jailed in suburban Atlanta yesterday after police said they arrested the entertainer for breaking into a home and stealing jewellery and coins.

Williams

Williams, 38, is charged with burglary and criminal trespassing, according to Maj. James Yarbrough of the Coweta County Sheriff's Office. A Coweta County magistrate set bond at more than $43,000 yesterday

Yarbrough said the incident happened Sunday night at a home in Newnan, Ga., about 61 kilometres southwest of Atlanta, when a homeowner called police to report the break-in.

The intruder allegedly had a crowbar and stole $3,755 in jewellery and collectible coins.

Williams, whose full name is Micah S. Katt Williams, is known for his roles in the movies Friday After Next and Norbit. His DVD, Katt Williams: Pimpadelic, was No. 8 on sales charts last month, according to Nielsen/VideoScan.

Williams was sentenced to three years' probation in 2006 for carrying a concealed firearm. He was briefly jailed on weapons charges last November; they were later dropped.

The actor was reportedly in Georgia working on a film. THE ASSOCIATED PRESS

In brief

ENTHUSIASTIC PURCHASE
TV Land and TV Guide Network are jointly acquiring the basic cable rights to Curb Your Enthusiasm, the HBO comedy series from Seinfeld co-creator Larry David. It will air on TV Guide Network starting in February.

LAWSUIT A lawyer for actor James Woods told a jury yesterday that a Rhode Island hospital did not do enough to care for Woods' younger brother when he went to the emergency room in 2006. Michael Woods, 49, died of an apparent heart attack.

THE ASSOCIATED PRESS

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CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/10/09	267	351 - ACCESS	Alberta Primetime (Live)		The Vampire Diaries		So You Think You Can Dance (HDTV)				Primetime
primetime	243	317 3 CFCN	etalk	Hollywood	Law & Order: SVU		V (HDTV) (N)		Dancing With the Stars		CTV News
	-	- 4 OMNI	The Office	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	V (HDTV) (N)		Dancing With the Stars		In the Spotlight
	245	306 6 CBRT	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica (N) (DVS)		CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	The Good Wife (N)		NCIS "Endgame" (N)		NCIS: Los Angeles (N)		News Hour
	246	- 8 CKAL	Law & Order: SVU		The Jay Leno Show (N)		The Biggest Loser (N)				Your City
	119	705 9 CBXFT	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)		Aveux (HDTV) (N) (SC)		Le Téléjournal Nouvelles. (SC)		TJ Alberta
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	-	372 12 KREM	News	Hollywood	The Doctors		NCIS "Endgame" (N)		NCIS: Los Angeles (N)		The Good Wife
	-	374 14 KSPS	NewsHour With Jim Lehrer		Nova (N) (DVS)		Richard Bangs' Adventures		Frontline (HDTV) (DVS)		Independent
	502	390 15 CBC	CBC News: The National		CBC News: the fifth estate		CBC News: The National		CBC News: The National		fifth estate
	-	370 16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser (N)				Jay Leno Show
	-	373 22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	So You Think You Can Dance (HDTV) (N)				News
	297	652 37 WPIX	Melrose Place "Ocean"		PiX News at Ten Tong.		Two/Half Men	Friends	Friends	According-Jim	Family Guy
news	500	500 29 CNN	Larry King Live (N)		Anderson Cooper 360 U.S. soldiers convicted. (N)				Larry King Live		Cooper 360
	508	502 31 CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight		The Joy Behar Show		Nancy Grace
sports	400	400 21 TSN	NHL Hockey	SportsCentre		That's Hockey!	SportsCentre	Off the Record	World Series of Poker (HDTV)		
	408	418 27 net	NHL Hockey		Sportsnet Con.	World Sport	Hockey Central	Flames Week	Sportsnet Connected		Flames in Hour
	410	403 30 SCORE	(6) Court Surfing NBA news, scores and highlights.				Score Now		Score Now		Score Now
	411	457 44 OLN	Survivorman		Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters
	417	406 48 SPEED	Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pass Time	Pass Time	Monster Jam (HDTV)		Super Bikes!
family	552	543 20 YTV	iCarly	iCarly	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
	557	541 39 FAM	Han. Montana	Wizards-Place	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	555	545 67 TOON	Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
cable variety	575	583 11 CMT	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons	Wilsons	Reba	Reba	According-Jim
	553	546 17 TREE	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	House-Sell	Confidential	Old Christine	Friends	Friends	Grocery Bag	Beauty	Style by Jury	Good Naked
	521	560 24 TLC	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Table for 12	Table for 12	18 Kids-Count	18 Kids-Count	Little Couple
	603	561 25 FOOD	The F Word (N)		Good Eats	Good Eats	Iron Chef America		Unwrapped	Unwrapped	The F Word
	615	520 26 A&E	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	(10:01) The First 48		Parking Wars
	617	522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits		*On the Other Hand, Death: A Donald Strachey Mystery*				Bones
	601	562 33 SLICE	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada	What Happen?	The Biggest Loser		Find-Husband
	-	633 34 ENC2	Filmography	(7:25) *Wedding Night* ★★ (2001, Comedy)			*The Wedding Planner* ★★ (2001)			(10:45) *That Old Feeling*	
	520	505 35 DISC	Destroyed	Destroyed	Time Warp (N)		Daily Planet		Destroyed	Destroyed	Time Warp
	620	523 36 BRAVO	The Scotiabank Giller Prize		At the Concert Hall (N)		Law & Order		Without a Trace		Bravo! Concert
	294	650 40 WPCH	Law & Order: SVU		*Without a Paddle* ★★ (2004, Comedy) Seth Green.				*Without a Paddle* ★★ (2004, Comedy)		
	626	547 41 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham
	-	539 42 TCM	*The Taming of the Shrew*		(8:15) *The V.I.P.'s* ★★ (1963, Comedy-Drama) Elizabeth Taylor.					*Becket* ★★★★ (1964)	
	628	584 43 SPIKE	UFC Unleashed		UFC Unleashed		Surviving Disaster "Pandemic"		Surviving Disaster (HDTV)		CSI: Crime Scn
	522	516 45 HIST	Battlefield Mysteries		Battlefield Mysteries		Convoy: War of the Atlantic		Massacre at Verrieres Ridge		Battlefield
	627	528 46 SPACE	Medium "New Terrain"		Fringe (N)		InnerSpace (N)	Stargate SG-1		Star Trek: Next Gener.	
	-	- 47 AMC	(6) *Airport* ★★★ (1970, Suspense) Burt Lancaster.				(9:15) *Any Given Sunday* ★★★ (1999, Drama) Al Pacino.				
	619	525 49 TROP	Prod. Parker	Prod. Parker	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy
	600	564 50 HGTV	Pure Design	Genevieve	House Hunters	House Hunters	Holmes on Homes		HGTV's Top 10	Design Inc.	Pure Design
	501	391 52 CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	504	508 70 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
	526	507 92 VIVA	The Closer "Batter Up"		Cold Case		Psychic Inv.	Encounters	Judging Amy		Missing
	269	350 93 APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	First Nation	Moose TV	Rez Rides	Moccasin Flats	Short Cuts (N)
	-	- 94 MCP	World News	News	Sewing Maid	Boys Over Flo	Il Caffe		In Germany	Euromaxx	Schauplatz
	571	581 100 MMM	Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix		Wild 'n Out	Wild 'n Out	H.S. Reunion
	570	580 101 MM	Degrassi: TNG	Degrassi: TNG	MuchNews	My Date With...	One Tree Hill		disBand	Love Court	MuchNews
	581	566 102 MTV	The City	The Hills	The Hills	After	MTV Live	Sex, News-Roll	The City	The City	The Hills
	-	- 116 TV5	(6) Pékin express		Avenirs	Hors série	TV5 Le Journal	Panique dans l'oreillette			

critics' corner

At the Concert Hall
This new episode celebrates the Motown sound with an impressive roster of Canadian artists performing the hits that made Berry Gordy's record label a force in the music industry. Performers include Colin James, Divine Brown, Suzie McNeil, Justin Nozuka, Matt Dusk and Justin Hines. 8 PM on BRAVO

The Good Wife
Alicia (Julianna Margulies) is representing the daughter of one of the partners in the firm, and her co-counsel on the case, Ryan Alprin, is taking an unusual approach to the defense. Alicia finds both the man and his defense strategy attractive. Christine Baranski and Josh Charles also star in the new episode "Unorthodox." 8 PM on CICT; 11 PM on KREM

NCIS: Los Angeles
Who shot Callen? The team gets a lead from a surprising source in this new episode. The murder of a Russian woman leads Hanna and company to evidence that answers not only who tried to take Callen's life six months earlier, but why. Linda Hunt, Peter Cambor, Daniela Ruah and Adam Jamal Craig also star in "Pushback." 10 PM on CICT KREM

Practice makes perfect

The Practice's Marla Sokoloff married Alec Puro, a drummer with the band Deadsy, at an evening ceremony in Beverly Hills on Sunday, people.com reports. "Marla seemed so excited. She and the girls were overheard laughing in the limo," says a witness. METRO NEWS SERVICES

Celebrity Buzz

John opens up on Jett

PROMOTING A MOVIE In his first interview since son Jett's tragic death last January, Scientologist John Travolta says he and his family are relying on almost daily religious counseling sessions to help them cope.

Since the 16-year-old boy died following a seizure, "We've been working very hard every day as a family to heal," Travolta said during a round-table interview with the cast of his latest film, Old Dogs, which also stars wife Kelly Preston and daughter, Ella, 9. "We have our own way of doing it, and it has been helping."

Travolta, 45, said he has been overwhelmed by all the support.

"You need your friends a lot in times like that," he said.

Travolta and Preston declined to comment on an extortion case involving a former Bahamian senator and a paramedic who are accused of demanding $25 million from the family with information about Jett's death. In his extortion trial testimony, Travolta admitted for the first time that his son Jett had autism. He is believed to have kept his son's condition a secret because of the way Scientologists view illness.

A mistrial was declared this past October. A retrial has been ordered

METRO NEWS SERVICES

Kristen keeps the press fiending over Pattinson

HE'S NOT A REAL VAMPIRE Kristen Stewart admits she has no plans for putting speculation about her relationship with Robert Pattinson to rest, claiming that all the attention puts her off.

"I probably would've answered (the romance question) if people hadn't made such a big deal about it," she told Entertainment Weekly yesterday. "But I'm not going to give the fiending an answer. There's no answer that's not going to tip you one way or the other. Think about every hypothetical situation: 'OK, we are. We aren't. I'm a lesbian.'

METRO NEWS SERVICES

Celebrity tweets

Ellen DeGeneres is can't find her stuff and is suffering for it, Rania Al Abdullah knows how to fix everything, Cesar Millan is considering a second career as the Child Whisperer, and John Mayer isn't fazed by the Britney Spears lip-synching controversy.

@TheEllenShow
I still can't find my purse. My lips are starting to get chapped.

@QueenRania
Stop Ignoring the Girls! Start making them count!

@cesarmillan
Does calm-assertive pack leadership work with children as well as dogs?

@johncmayer
If you're shocked that Britney was lip-syncing at her concert and want your money back, life may continue to be hard for you.

METRO NEWS SERVICES

Schwartzman only has eyes for George Clooney

IT'S NOT LIKE THAT Jason Schwartzman couldn't take his eyes off George Clooney while filming Fantastic Mr. Fox, femalefirst.co.uk reports.

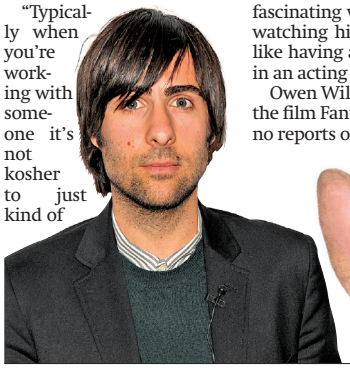
The Rushmore actor said working with Clooney on the animated film was a bizarre and amazing experience.

"Typically when you're working with someone it's not kosher to just kind of gaze at them because you're usually on camera as well. But when we were sitting around a table with just a recorder, it was really nice for me to be able to look at George," Schwartzman said.

"I admit I might have actually been staring. Obviously, he's a handsome gentleman, but what I found fascinating was just kind of watching him work. It was like having a front row seat in an acting class."

Owen Wilson also stars in the film Fantastic Mr. Fox — no reports on Schwartzman staring at him.

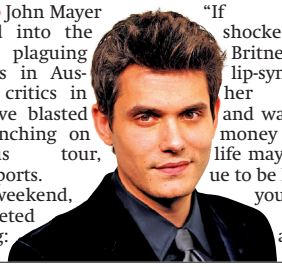
METRO WORLD NEWS



Mayer mocks Britney Spears' fans

TOO BAD, SO SAD John Mayer has wandered into the controversy plaguing Britney Spears in Australia, where critics in the media have blasted her for lip-synching on her Circus tour, people.com reports.

On the weekend, Mayer, Tweeted the following: "If you're shocked that Britney was lip-syncing at her concert and want your money back, life may continue to be hard for you." Why all the fuss?



On Friday, about 100 angry fans reportedly stormed out of Britney's concert at the Burswood Dome in the Western Australia city of Perth, saying they were disappointed by the lackluster performance and Spears' lip-synching during her two-hour show.

METRO NEWS SERVICES

Dad selling tapes of Lindsay

HE'S UP FOR FATHER OF THE YEAR AGAIN Michael Lohan has apparently been so keen on sharing information on daughter Lindsay Lohan that he was looking to sell tapes of phone calls between them as well as her mother, Dina Lohan, according to Page Six.

"Michael initially asked for a large fee — six figures — for the tapes of Lindsay and Dina, but he didn't get any takers," a source says.

METRO WORLD NEWS

Gibson great at being dad: Oksana

IT IS HIS EIGHTH Girlfriend Oksana Grigorieva says that Mel Gibson has been a big help with their new kid.

"He has been very doting and nurturing," she tells Hello magazine.

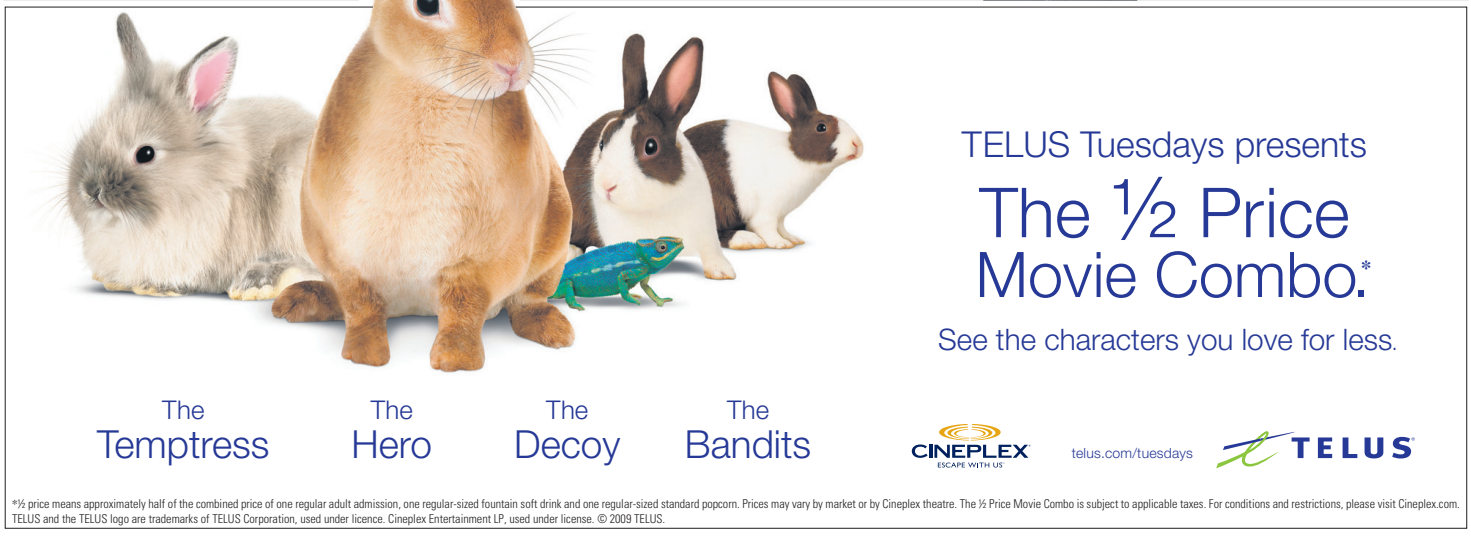
METRO WORLD NEWS

Rihanna rejects a NY Jets' end run

SHE DOESN'T DRINK THE CHEAP STUFF New York Jets star Braylon Edwards got quite the harsh rejection from Rihanna at a club in Hollywood recently.

Edwards sent a $10,000 bottle of champagne over to the singer's table at the Bank at Wonderland nightclub, but Rihanna quickly sent it back.

METRO WORLD NEWS



Today Sunny 10 C / -3 C

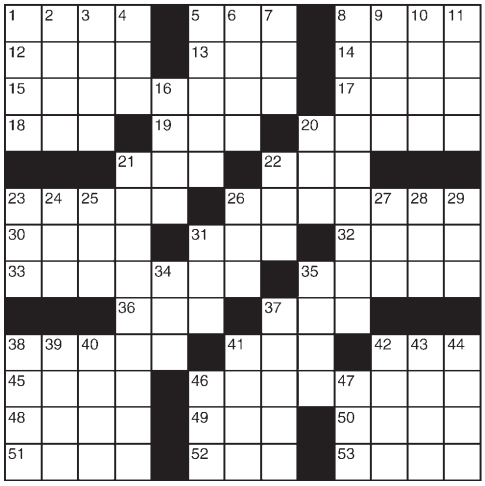
Wednesday Partly cloudy 4 C / -4 C

Thursday Sunny 3 C / -6 C

BT BREAKFAST TELEVISION

Andrew Schultz, Meteorologist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

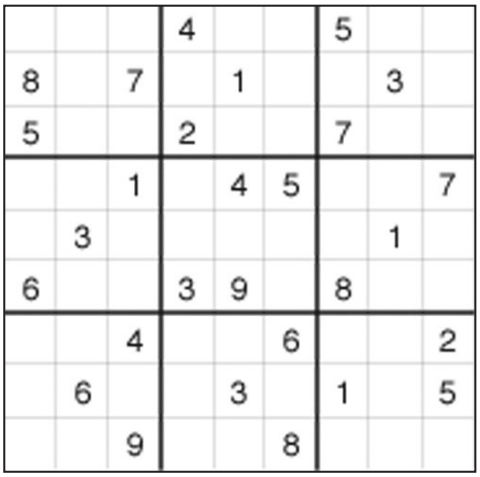
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



ACROSS

1 The third man
5 Sling contents
8 Commanded
12 Mrs. Dithers, in "Blondie"
13 Cattle call
14 Neighborhood
15 "I've Been Everywhere" singer
17 Penpoints
18 Before
19 That guy
20 Take to the rink
21 Bill's partner
22 Autumn mo.
23 Accustom
26 Virginia crop
30 Couch
31 Mandible
32 "Once — a time, ..."
33 Having tines
35 Dish
36 "Krazy —"
37 Collection
38 Spingarn Medal org.
41 See 29-Down
42 Sch. grp.
45 Earthen pot
46 Bread-and-butter note's message
48 Beavers' structures
49 Pick a target
50 Press
51 Being, to Brutus
52 Recipe meas.
53 Fender flaw

DOWN

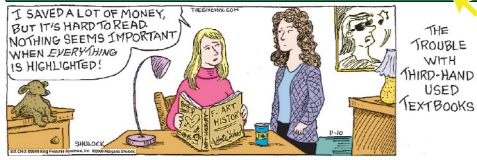
1 Be sore
2 Sow's mister
3 Sea eagle
4 "Mighty — a Rose"
5 Task for an ob/gyn
6 Leeway
7 Do some yard-work
8 Safe place for lots of money
9 Operatic solo
10 Credit card aftermath
11 Relaxation
16 Old woman's home?
20 Weep loudly
21 Shaft's housing
22 Present
23 Kreskin's claim
24 "— iron bars a cage"
25 Venusian vessel?
26 Slight amount
27 Bookkeeper (Abbr.)
28 Barracks bed
29 With 41-Across, boxing ploy
31 Lustrous black
34 Space
35 Laborer
37 Morass
38 Protuberance
39 "Woe is me!"
40 Charitable donation
41 Anything but that
42 Combustible heap
43 Roger Rabbit, e.g.
44 Family member
46 Make lace
47 Tease

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

7	4	6	3	2	8	5	1	9
9	1	2	6	5	7	4	3	8
8	5	3	1	4	9	2	7	6
5	8	4	2	1	3	9	6	7
2	9	7	5	8	6	1	4	3
3	6	1	9	7	4	8	2	5
6	2	9	4	3	5	7	8	1
4	7	5	8	6	1	3	9	2
1	3	8	7	9	2	6	5	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Thyme Chicken with Roots

INGREDIENTS:

2 lbs (1 kg) floury potatoes, peeled and cut into large chunks
4 baby parsnips, peeled and quartered lengthwise
4 carrots, peeled and cut in half lengthwise
1 red onion, quartered
4 tbsp (60 ml) olive oil
1 tbsp (15 ml) clear honey
1 orange, quartered
4 chicken breast fillets, with skin
A few sprigs of fresh thyme or rosemary, or 2/3 tsp (2 ml) dried

METHOD:

1. Preheat oven to 375°F (190°C). Parboil potatoes 5 minutes, then drain. Return potatoes to pot, cover and shake vigorously to roughen edges.
2. Lay potatoes, parsnips, carrots and onion in large roasting pan. In small bowl, mix oil, honey and squeezed juice from orange quarters. Drizzle over vegetables and toss to coat evenly. Slash skin on chicken fillets with sharp knife, then place among vegetables with squeezed orange quarters. Season and poke in herb sprigs, or sprinkle with dried herbs.
3. Roast chicken and vegetables in oven, turning vegetables over from time to time, 1 hour or until chicken is golden and cooked through and all vegetables are tender.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You have always been a free spirit and today, more than most days, you will be a lot less inclined to take orders from people you do not respect.

TAURUS ♉
APRIL 21-MAY 21
This is a great day for getting things done. With the Sun aspecting Jupiter, planet of expansion, there is nothing you cannot do.

GEMINI ♊
MAY 22-JUNE 21
Confusion could easily turn to anger today if someone tries to give you the runaround and get you to change things you had already agreed on.

CANCER ♋
JUNE 22-JULY 22
Anyone who thinks you are indecisive will be forced to think again today as you take brave decisions left, right and centre.

LEO ♌
JULY 23-AUG 23
With the Sun squaring up to Jupiter today you may think there is nothing you cannot do, and you may be right, but don't bite off too much in one go.

VIRGO ♍
AUG 24-SEPT 22
Don't let anyone come between you and your goals. You have absolute faith in your own abilities.

LIBRA ♎
SEPT 23-OCT 23
If you have something to say, something you suspect won't go down well, it might be wise to hold back until later in the week.

SCORPIO ♏
OCT 24-NOV 22
You have several interesting social invitations to choose from today but one stands out above the rest.

SAGITTARIUS ♐
NOV 23-DEC 21
Act quickly and decisively today and you will resolve a problem that has been around for too long.

CAPRICORN ♑
DEC 22-JAN 20
You may want to be friends with everyone but according to the planets you will have to get tough today with someone who has let you down.

AQUARIUS ♒
JAN 21-FEB 18
Something out of the ordinary will happen today, something that takes you by surprise and compels you to rethink your plans.

PISCES ♓
FEB 19-MARCH 20
It might be wise to steer clear of topics that are contentious today. Someone in your social or professional circle is itching for an excuse to start a fight.

This day in history

1871: Henry Morton Stanley locates missing explorer and missionary, Dr. David Livingstone in Ujiji, near Lake Tanganyika, allegedly greeting him with the words, "Dr. Livingstone, I presume?"
1954: U.S. President Dwight D. Eisenhower dedicates the USMC War Memorial (Iwo Jima memorial) in Arlington National Cemetery.
1958: The Hope Diamond is donated to the Smithsonian Institution by New York diamond merchant Harry Winston.
1975: The 729-foot-long freighter SS Edmund Fitzgerald sinks during a storm on Lake Superior, killing all 29 crew on board.

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Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
Jan. 3 – 24 • 1 wk.
$1279
+Taxes & other fees (including service charges): $218

Jamaica
Gran Bahia Principe Jamaica • 4 1/2★
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Jan. 4, 11, 18 & 25 • 1 wk.
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+Taxes & other fees (including service charges): $250

Santa Clara
Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Dec. 23 • 1 wk.
$1469
+Taxes & other fees (including service charges): $218

Punta Cana
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+Taxes & other fees (including service charges): $304

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MGM Grand Hotel & Casino • 4 1/2★
Hotel rm. – Grand Tower
Jan. 24 • 3 nts.
$429
+Taxes & other fees (including service charges): $144

DEAL to EUROPE

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Hotel Ibis London Earls Court • 3★
Breakfast
Standard rm. special
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